



## The 7 Habits, Character Words of the Month, Building Executive Function/Growth Mindset

<b>Month</b>	<b>Habit</b>	<b>Word</b>	<b>Building Executive Function/Growth Mindset</b>
<i>Aug. -Sept.</i>	<i>Introduce PAWS- Positive Attitude, Academic Focus, Wise Choices, Show Respect</i>	<i>Appreciation</i>	<i>Organization</i>
<i>October</i>	<i>Proactive</i>	<i>Responsibility</i>	<i>Self-Control</i>
<i>November</i>	<i>Begin with the End in Mind</i>	<i>Perseverance</i>	<i>Planning</i>
<i>December</i>	<i>First Things First</i>	<i>Honesty</i>	<i>Task Initiation</i>
<i>January</i>	<i>Think Win-Win</i>	<i>Caring</i>	<i>Flexibility</i>
<i>February</i>	<i>Seek First to Understand, then to be Understood</i>	<i>Trustworthy</i>	<i>Impulse Control</i>
<i>March</i>	<i>Synergize</i>	<i>Fairness</i>	<i>Self-Monitoring</i>
<i>April</i>	<i>Sharpen the Saw</i>	<i>Citizenship</i>	<i>Working Memory</i>
<i>May</i>	<i>Review PAWS and Habits</i>	<i>Gratitude</i>	<i>Recap of all</i>

It is important to talk to your child about the meaning of each of these words and habits. During each month, we will talk to students about how they can be models of these character qualities.

### Habits

**Proactive**- Doing the right thing without being asked, even when nobody is looking.

**Begin with the End in Mind** - Planning ahead and setting goals for oneself.

**First Things First**- Doing the things that I have to do before I do the things that I want to do.

**Think Win-Win** - Thinking about what others want, not just what I want.

**Seek First to Understand, Then to be Understood**- Listening with your eyes, ears, and heart before speaking.

**Synergize**- Value the strengths of others and learn from them.

**Sharpen the Saw**- Always learn how to become a better person.

### Words

**Appreciation** - An ability to understand the worth, quality, or importance of something

**Responsibility** - Take the initiative to be your best; be a person of your word; follow through on work

**Perseverance** - Never give up even when things are hard

**Honesty** - Tell the truth even if there are consequences

**Caring** - displaying kindness and concern for others

**Trustworthy**- able to be relied on as honest or truthful

**Fairness** - Follow rules, take turns and share, be open-minded, listen to others, treat all people fairly

**Citizenship** - Make your school and community better, be a good neighbor, obey laws and rules

**Gratitude** - A feeling of appreciation or thankfulness

### Other Definitions

**Creativity** - Use the talent you were born with; let your uniqueness as a person shine through

**Forgiveness** - Be at peace with all people; don't bring up other people's failures; accept apologies

**Friendship** - Treat others like you want to be treated

**Tolerance** - Accept others for who they are; be patient with people who are different from you

**Respect** - Hold others in high regard; consider the opinions of others as more valuable than your own