

Habit:

Seek First to Understand Then be Understood

What Seek First looks like:

I listen to others without interrupting them

I raise my hand when I want to speak

I wait patiently to be called on

I don't blurt out

I listen to other people's ideas and feelings

I try to see things from their viewpoint

I listen with my ears, eyes, and heart before I speak



Executive Function/ Growth Mindset Impulse Control

What Task Initiation looks like:

I stop, take a deep breath and count to five

I decide what the problem is and how I feel

I think about my choices and their consequences—
ignore it, tell myself it is ok, tell myself to relax, speak
calmly, compromise, tell how I feel using
I-statements

I decide on my best choice and do it

Word:

Trustworthy

What Trustworthy looks like:

Able to be relied on as honest and truthful

I don't ask anyone to do anything bad

I don't gossip or hurt other people's feelings

I keep promises

I say and do good things for my family and friends

I am loyal

I don't let anyone think something that isn't true

I don't need to make someone feel bad so that I feel good

