

HABIT 2: Begin with the End in Mind

Dear Families,

Habit 2 of the 7 Healthy Habits for Effective Kids is: begin with the end in mind! When we say "begin with the end in mind" at school, it prompts our students to remember:

HAVE A PLAN

Students recognize their goals and have a plan for how to achieve them! When we talk about habit 2, we remember "I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my classroom. I look for ways to be a good citizen."

This month, encourage your little one to stop and think:

I can begin with the end in mind by...

- Setting goals at home and at school and talking with my grown ups about how to achieve them!
- Knowing my choices affect me now **and** later.
- Thinking about the positive and negative consequences of my actions before I act.

At home, consider talking to your little one about the importance of sticking to your goals! Goals take time to achieve. We can be frustrated when progress doesn't come as soon as we like. Find ways to celebrate even the smallest of progress towards our goals! Sing along with Bruno Mars and cast of Sesame Street as they remind us "Don't Give Up" on our goals!

Help The Berenstain Bears as they work together to make a plan! Even the smallest leaders can *begin with the end in mind* and learn to make plans.

Looking to make plans at home? Check out this idea organizer used by Ms. Petrillo, Mr. Grimsley, and our Student Lighthouse Team!



Name: _____



My goal is.....

And here's how I'm going to
make it happen

