

HABIT 1: Be Proactive

Dear Families,

Habit 1 of the 7 Healthy Habits for Effective Kids is Be Proactive – it is the foundation of the habits to follow! When we say "be proactive" at school, it prompts our students to remember:

I'm in charge of ME!

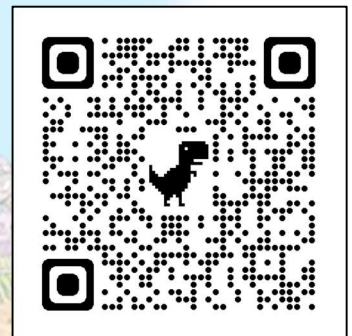
Students are in charge of their own choices/behaviors, and take initiative when they need to complete a task. Be Proactive says, "I am the leader of my own life -- I am the leader whether I am happy or sad. I am the leader of how I react to people or situations."

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

I can be proactive by:

- Having a "can-do" attitude and always trying my best at everything I do.
- Following directions and doing the right things, even when nobody is looking.
- Knowing I choose my actions and attitudes and don't blame others for what I control.

At home, consider talking to your little one about the things they can control – like how we feel and react to things around us. The QR code takes you to the story Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst. After listening to this story, talk about controlling your own thoughts and feelings – you might call it "controlling your own weather."



How do we learn to "control our own weather?" It starts with recognizing our feelings and developing good coping skills when we need extra support! We can survey our feelings and hit the reset button on undesirable feelings by: deep breathing, using positive self talk, practicing gratitude, mindful coloring, and even exercising!

