

HABIT 3: Put First Things First

Dear Families,

Habit 3 of the 7 Healthy Habits for Effective Kids is: put first things first.

When we say "work first, then play" at school, it prompts our students to remember:

**I do the things I *have* to do
before the things I *want* to do.**

In school when we talk about our goals, we consider them "big rocks." Big rocks are the most important things for you to do, such as spending time with your family, going outside to play, and getting an education. Little rocks are the less important things for you to do, such as watching TV for long periods of time, playing video games, or spending too much time on social media.

I can put first things first when:

- I spend my time on things that are the most important.
- I say no to things I know I should not do.
- I set priorities, make a schedule, and follow my plan.
- I am disciplined and organized.

This month, encourage your little one to stop and think. How can we practice putting first things first? Ask them what they feel are their most important jobs or responsibilities. Suggest they do the hardest part of their homework or chores first.

Consider a new tradition of planning a weekly family event! Keeping the family close with so many distractions can be tricky. Designing a specific time each week for family time will keep everyone on the same page! This time could look like:

- Reading a book together
- Making a meal together
- Playing a board game
- Learning a new skill
- Planning your week together
- Share talents
- Eat together
- Solve problems together
- Do a service project
- Visit a local attraction



The Very Hungry Caterpillar comes out of his egg and has an end in mind – to eat enough to sustain himself while in his cocoon. He puts first things first and gets busy eating!



The Carrot Seed sees a little boy putting first things first as he plants his seed, waits patiently, and tends to it even when others tell him "it won't come up!" He is rewarded with... a carrot!