

HABIT 6: Synergize

Dear Families,

Habit 6 of the 7 Healthy Habits for Effective Kids is: synergize. When we say "synergize" at school, students remember:

Together is BETTER!

What is Synergy?		
Synergy is:	Synergy is not:	Common Language
<ol style="list-style-type: none"> 1. Celebrating differences 2. Working together 3. Being open-minded 4. Finding new and better ways 	<ol style="list-style-type: none"> 1. Being intolerant 2. Working independently 3. Thinking you are always right 4. Being selfish 	<ol style="list-style-type: none"> 1. Creative cooperation 2. Creative teamwork 3. Synergize

At school, synergy sounds like:

- I value other people's strengths and learn from them.
- I get along well with others, even people who are different than me.
- I seek out other people's ideas to solve problems because I know that by teaming with others, we can create better solutions than any of us can alone.

At home, consider creating a **Family Synergy Action Plan** by following these steps:

1. Define: Clarify the problem or issue
2. Their way: Seek to understand the other person's needs
3. My way: Seek to be understood by sharing your needs and ideas
4. Brainstorm: create new options and ideas together
5. Synergize: find the best solution – the 3rd alternative.

Synergy – creative family teamwork – occurs when you follow two simple rules: Value one another, and recognize strengths! Consider starting a kindness chain at home to let others know how much you value them!