

# Home Activities

## To Teach the

### 7 Habits at Home



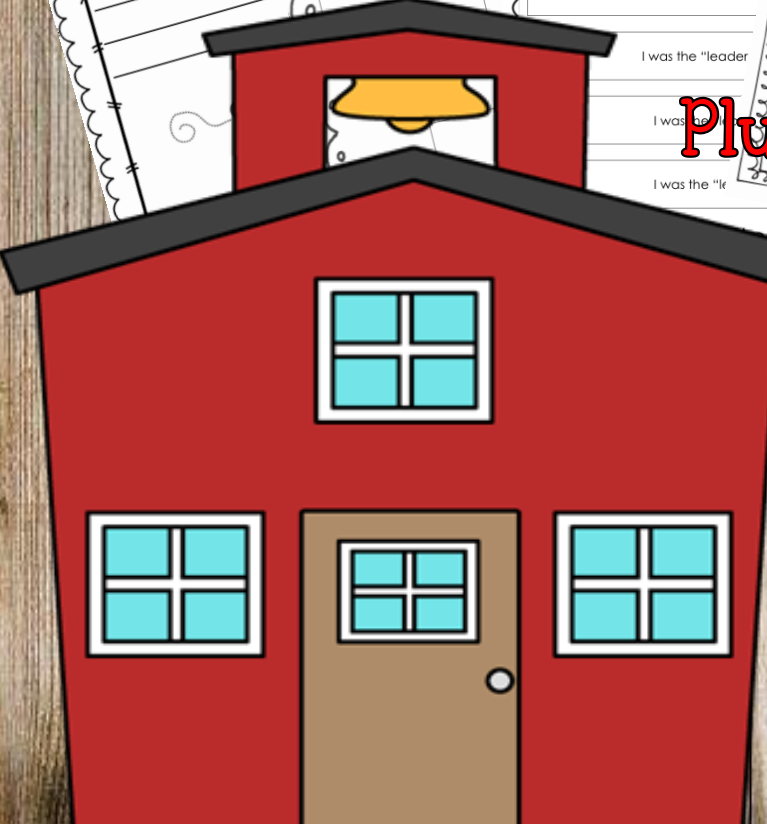
**#1 Be Proactive**  
 With your child, think of ideas on how to be proactive at home. Picking out their clothes at night, making their beds, picking up their school bag are examples of being proactive. Write it on the line.  
 I will Be Proactive at home by: \_\_\_\_\_  
 Display this page where you and your child can count how many times he/she is proactive. Child color the bar chart up to 10.  
 Monday \_\_\_\_\_ Tuesday \_\_\_\_\_

**#2 Begin With the End in Mind**  
 Begin With the End in Mind means to think about something to turn out before getting started. Has been trying to learn. Help him or her write his/her end in mind is: \_\_\_\_\_  
 Display this page where you and your child can color in the day of the week he/she is the leader. Encourage your child so he or she is able to be a leader.  
 I was the "leader" \_\_\_\_\_  
 I was the "leader" \_\_\_\_\_  
 I was the "leader" \_\_\_\_\_  
 I was the "leader" \_\_\_\_\_  
 I was the "leader" \_\_\_\_\_

**#4 Think Win-Win**  
 Think Win-Win is a belief that everyone can win. It's not a competition. It's working on a solution until both people are happy about how he or she used win-win thinking each day and have your child color the smiley face.  
 Display this page where you and your child will see it.  
 On Monday, I used win-win thinking \_\_\_\_\_  
 On Tuesday, I used win-win thinking \_\_\_\_\_  
 On Wednesday, I used win-win thinking \_\_\_\_\_  
 On Thursday, I used win-win thinking \_\_\_\_\_  
 On Friday, I used win-win thinking \_\_\_\_\_  
 I am the "leader of my body, brain, heart and soul."  
 Monday: Body \_\_\_\_\_ Tuesday: Brain \_\_\_\_\_  
 Wednesday: Heart \_\_\_\_\_ Thursday: Soul \_\_\_\_\_  
 Friday: Choice \_\_\_\_\_

**#7 Sharpen the Saw**  
 Sharpen the Saw means to have balance in your life. Just like a car needs four tires to operate smoothly, your child has four parts: body, brain, heart, and soul. All four parts are needed to operate smoothly. Display this page where you and your child will see it.  
 Use the fishbone diagram below to help your child focus on taking care of one part each day. Let Friday be a "choice" day.

Plus...a brochure for parents!



**Parent as Teachers**  
 You are your child's first and best teacher. You can help your son or daughter discover the leader within and prepare for a great life of contribution to the world. The absolute best way to reinforce the importance of the 7 Habits and to make sure your child lives them is to model them in your own behavior.

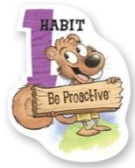
**Keep It Simple**  
 Look for ways to integrate the 7 Habits into what you are already doing. Think of it not as one more thing, but as a better way of doing what you are already doing. Go at a pace that works for your family. You can plunge in all at once or work at it slowly. Either way, you will see improvements in all of the benefits of living timeless and unchanging principles as a family. Remember, your child possesses unique gifts and talents. Think about what these are and what you can do to nurture and develop them.

**Stay Connected With the School**  
 As parents, you are busy, and often it is not possible for you to physically be at the school. However, there are other ways to stay connected and nurture the leader in your child.  
 • read notes coming home.  
 • read aloud to your child, pointing out or asking which habit the characters in the story used.  
 (The same can be done for movies.)

**Parent Reading**  
 The Leader in Me by Stephen R. Covey  
 The 7 Habits of Highly Effective Teens by Sean Covey  
 The 7 Habits of Highly Effective People by Stephen R. Covey  
 Using the 7 Habits by Stephen R. Covey  
 The 7 Habits of Highly Effective Families by Stephen R. Covey

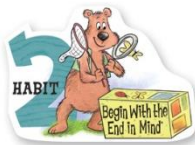
**The 7 Habits Tree**  
 Habit 1: Be Proactive  
 Habit 2: Begin With the End in Mind  
 Habit 3: Put First Things First  
 Habit 4: Think Win-Win  
 Habit 5: Seek First to Understand, Then to Be Understood  
 Habit 6: Synergize  
 Habit 7: Sharpen the Saw

# Seven Habits Overview



## **Habit 1 — Be Proactive:** *You're in Charge*

I am a responsible person. I take initiative. I choose my actions, attitudes, and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.



## **Habit 2 — Begin with the End in Mind:** *Have a Plan*

I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my classroom and contribute to my school's mission and vision. I look for ways to be a good citizen.



## **Habit 3 — Put First Things First:** *Work First, Then Play*

I spend my time on things that are most important. This means 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.



## **Habit 4 — Think Win-Win:** *Everyone Can Win*

I balance courage for getting what I want with consideration for what others want. I make deposits in others' Emotional Bank Accounts. When conflicts arise, I look for third alternatives.



## **Habit 5 — Seek First to Understand, Then to Be Understood:**

*Listen Before You Talk*

I listen to other people's ideas and feelings. I try to see things from their viewpoints. I listen to others without interrupting. I am confident in voicing my ideas. I look people in the eyes when talking.



## **Habit 6 — Synergize:** *Together Is Better*

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



## **Habit 7 — Sharpen The Saw:** *Balance Feels Best*

I take care of my body by eating right, exercising and getting sleep. I spend time with family and friends. I learn in lots of ways and lots of places, not just at school. I find meaningful ways to help others.

# #1 Be Proactive

With your child, think of ideas on how they can Be Proactive at home. Picking out their clothes at night, getting dressed in the morning, making their beds, picking up their toys, or packing their school bag are examples of being proactive. Choose one idea and write it on the line.

I will Be Proactive at home by: \_\_\_\_\_

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Display this page where you and your child will see it. Together, count how many times he/she is proactive each day and have your child color the bar chart up to that number.

	Monday	Tuesday	Wednesday	Thursday	Friday
3					
2					
1					

I am a leader ~ I can be proactive!



# #2 Begin With the End in Mind

Begin With the End in Mind means to think about how you would like something to turnout before getting started. Think of something your child has been trying to learn. Help him or her write it below; this is the end in mind.

My end in mind is: \_\_\_\_\_

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*Display this page where you and your child can see it. For each day, have your child color in the day of the week he or she worked on the end in mind. Encourage your child so he or she is able to color all five days!*

I was the "leader of me" on Friday!

I was the "leader of me" on Thursday!

I was the "leader of me" on Wednesday!

I was the "leader of me" on Tuesday!

I was the "leader of me" on Monday!

**I am a leader ~ I begin with the end in mind!**

# #3 Put First Things First

Put First Things First means to decide what is most important and take care of it first. Talk with your child about the single most important thing he or she could do to help in the morning. Have him or her draw a picture doing that important thing. Display this page where you and your child will see it.

*Put an "X" by each day your child remembers to be a leader in the morning.*

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**I am a leader ~ I put first things first!**

# #4 Think Win-Win

Think Win-Win is a belief that everyone can win. It's not me or you, it's both of us. It's working on a solution until both people are happy with it.

*Display this page where you and your child will see it. Talk to your child about how he or she used win-win thinking each day. Write it on the line and have your child color the smiley face.*



On Monday, I used win-win thinking when I

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On Tuesday, I used win-win thinking when I

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On Wednesday, I used win-win thinking when I

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On Thursday, I used win-win thinking when I

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On Friday, I used win-win thinking when I

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***I am a leader ~ I think win-win!***

# Seek First to Understand, #5 Then to be Understood

Seek First to Understand, Then to Be Understood means that it is better to listen first and talk second.

*Listening shows that you care about your child. Have your child draw a picture showing a time when he or she listened to someone important. Display this page where you and your child will see it.*

I will show \_\_\_\_\_ I care about him or her by listening with my ears, my eyes, and my heart.

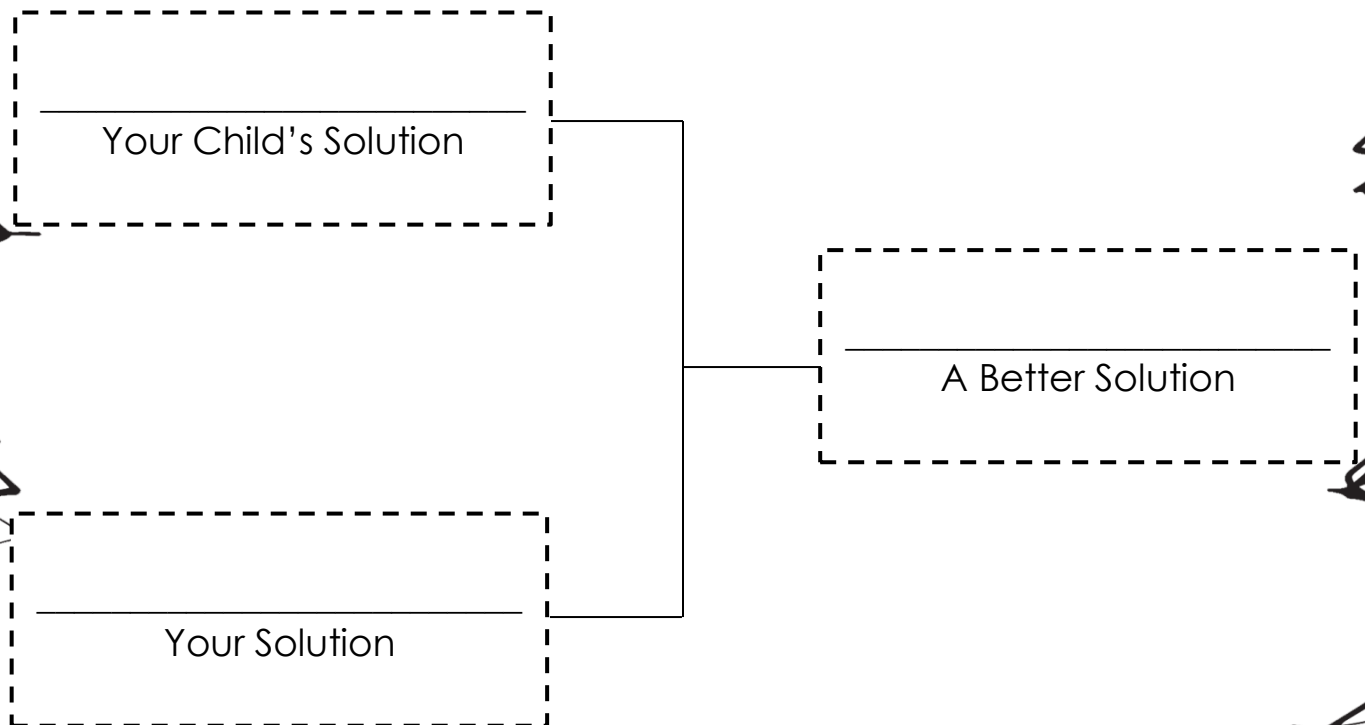
I am a leader ~ I seek first to understand,  
then to be understood!

# #6 Synergize

Synergy is achieved when two or more people work together to create a better solution than either would have thought of alone. It's not your way or my way, but a better way. With your child, discuss a problem you may have at home, like bedtime or dinner. Practice Seek First to Understand, Then to Be Understood when discussing solutions. Use the Synergizer (below) to summarize your child's solution and then your solution. Together, try to reach a better solution than either of you would have thought of alone. The key is to really listen to each another.

*Display this page where you and your child will see it.*

## **Synergizer:**



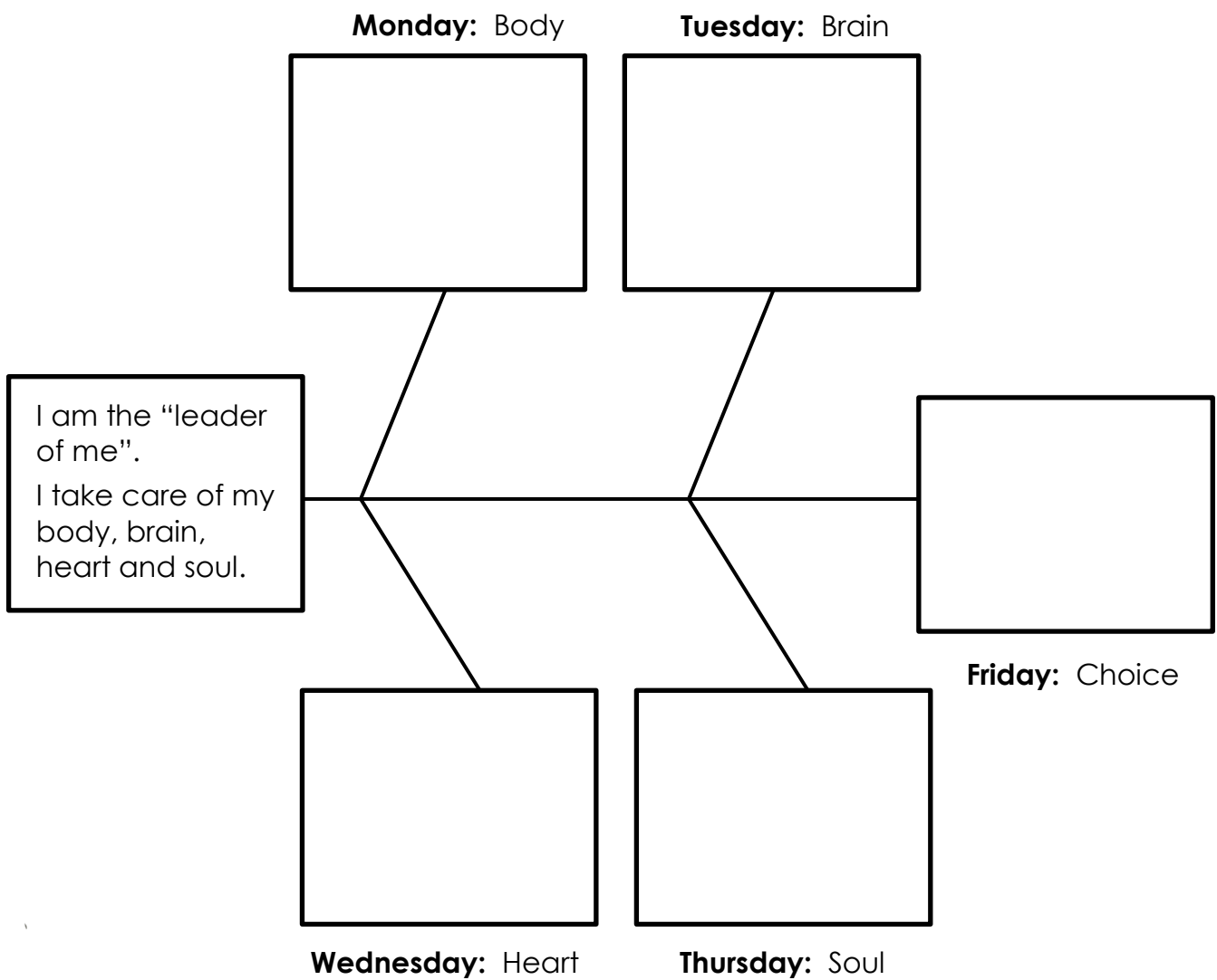
**I am a leader ~ I synergize!**



# #7 Sharpen the Saw

Sharpen the Saw means to have balance in your life. Just like a car needs four tires to operate smoothly, your child has four parts: body, brain, heart, and soul. All four parts are needed to operate smoothly. *Display this page where you and your child will see it.*

*Use the fishbone diagram below to help your child focus on taking care of one part each day. Let Friday be a "choice" day.*



*I am a leader ~ I Sharpen the Saw!*

# Our Family Mission Statement

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## Family Members

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# THE 7 HABITS

 **BE PROACTIVE** 

BEGIN WITH THE END IN MIND

PUT FIRST THINGS

**FIRST**

**THINK WIN-WIN**

SEEK FIRST TO UNDERSTAND  
THEN TO BE UNDERSTOOD

 **SYNERGIZE** 

**SHARPEN THE SAW**



# LEADER

My child, \_\_\_\_\_, was a leader at home when

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## The habit used was:

- Be Proactive
- Think Win-Win
- Seek First to Understand, Then to be Understood
- Sharpen the Saw
- Begin with the End in Mind
- Put First Things First
- Synergize

*Being a leader means doing the right thing, even when no one is watching!*

~ Stephen Covey

**Please return this to school and share with your classmates!**



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My child, \_\_\_\_\_, was a leader at home when

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