

Parent Night Hand-out

The
Leader in Me™
great happens here

The Leader in Me™

Parent Handout

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 as you reap the benefits of living timeless and universal 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.)
- If you cannot attend parent meetings, get the phone number of someone who did attend and ask for the information you missed.



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The 7 Habits® Tree

AND REMEMBER TO TAKE CARE OF YOURSELF

Habit 7

SHARPEN THE SAW®
Balance Feels Best

THEN PLAY WELL WITH OTHERS

Habit 6

SYNERGIZE®
Together Is Better

Habit 5

SEEK FIRST TO UNDERSTAND,
THEN TO BE UNDERSTOOD®
Listen Before You Talk

Habit 4

THINK WIN-WIN®
Everyone Can Win

START WITH YOU

Habit 3

PUT FIRST THINGS FIRST®
Work First, Then Play

Habit 2

BEGIN WITH THE END IN MIND®
Have a Plan

Habit 1

BE PROACTIVE®
You're in Charge



Habits 1–7



Habit 1: Be Proactive®

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®

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®

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®

I balance courage for getting what I want with consideration for what others want. When conflicts arise, I look for a win-win solution.

Habit 5: Seek First to Understand, Then to Be Understood®

I listen to other people's ideas and feelings. I try to see things from their viewpoint (paradigm). I listen to others without interrupting. I listen with my ears, my eyes, and my heart. I am confident in voicing my ideas.

Habit 6: Synergize®

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 because I know that by teaming with others, we can create better solutions than what any one of us could alone. I look for Third Alternatives.

Habit 7: Sharpen the Saw®

I eat right, exercise, and get enough sleep (body). I learn in lots of ways and lots of places, not just at school (brain). I spend time with family and friends (heart). I take time to find meaningful ways to help people (soul). I balance all four parts of myself.

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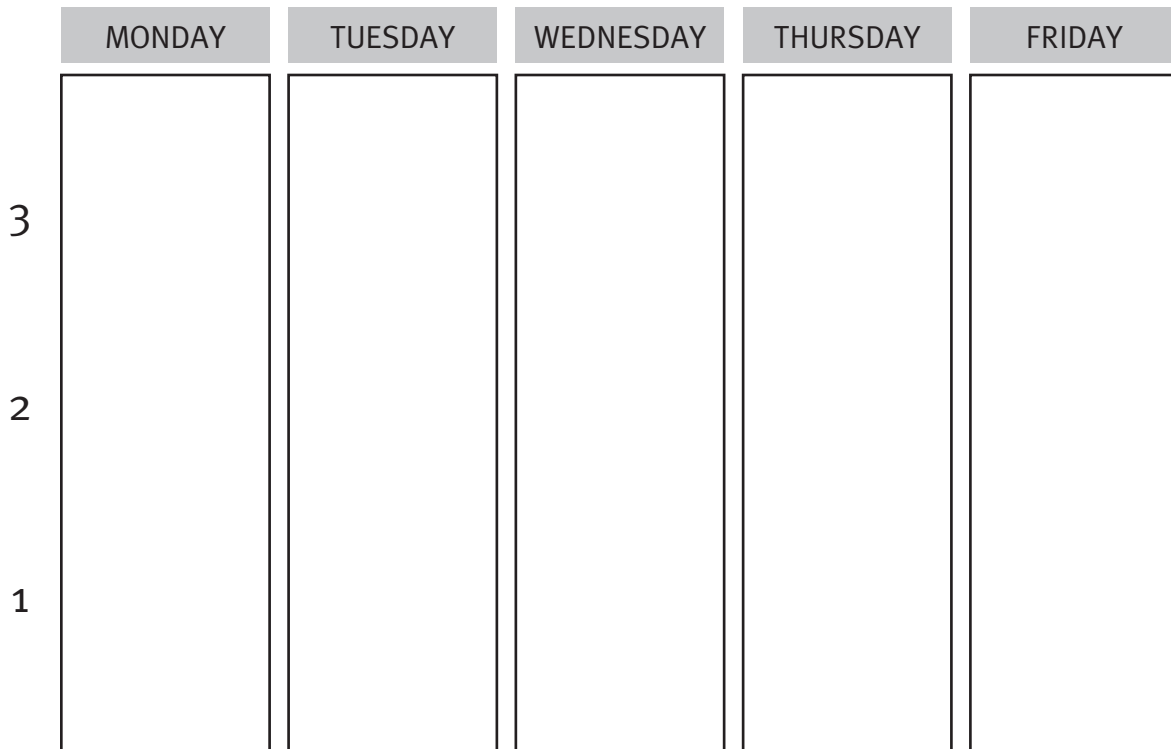
HABIT 1

Learning About Habit 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:

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.



I am a leader ~ I can Be Proactive!



Learning About Habit 2: Begin With the End in Mind®

Begin With the End in Mind means to think about how you would like something to turn out 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:

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>I was the "leader of me" on Friday.</i>

<i>I was the "leader of me" on Thursday.</i>

<i>I was the "leader of me" on Wednesday.</i>

<i>I was the "leader of me" on Tuesday.</i>

<i>I was the "leader of me" on Monday.</i>

I am a leader ~ I Begin With the End in Mind!



Learning About Habit 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!

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HABIT 4

Learning About Habit 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



On Tuesday, I used win-win thinking when I



On Wednesday, I used win-win thinking when I



On Thursday, I used win-win thinking when I



On Friday, I used win-win thinking when I

I am a leader ~ I Think Win-Win!

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HABIT 5

Learning About Habit 5: Seek First to Understand, 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!*

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HABIT 6

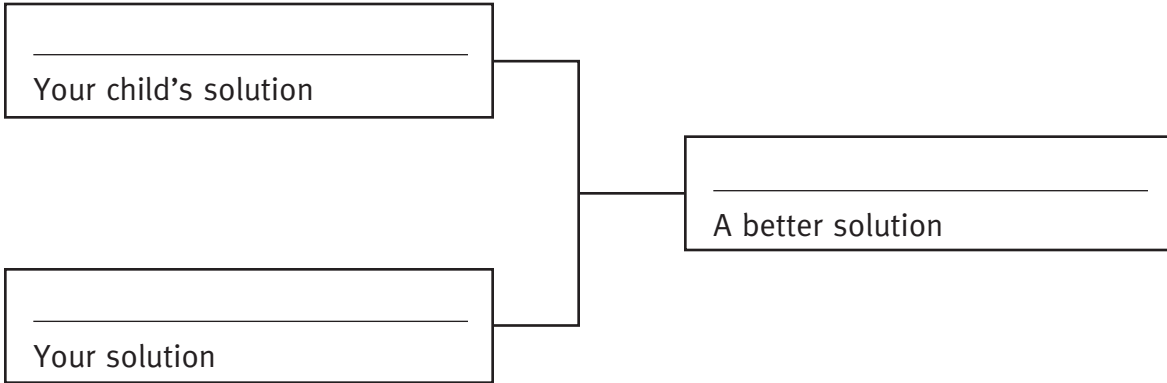
Learning About Habit 6: Synergize®

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!

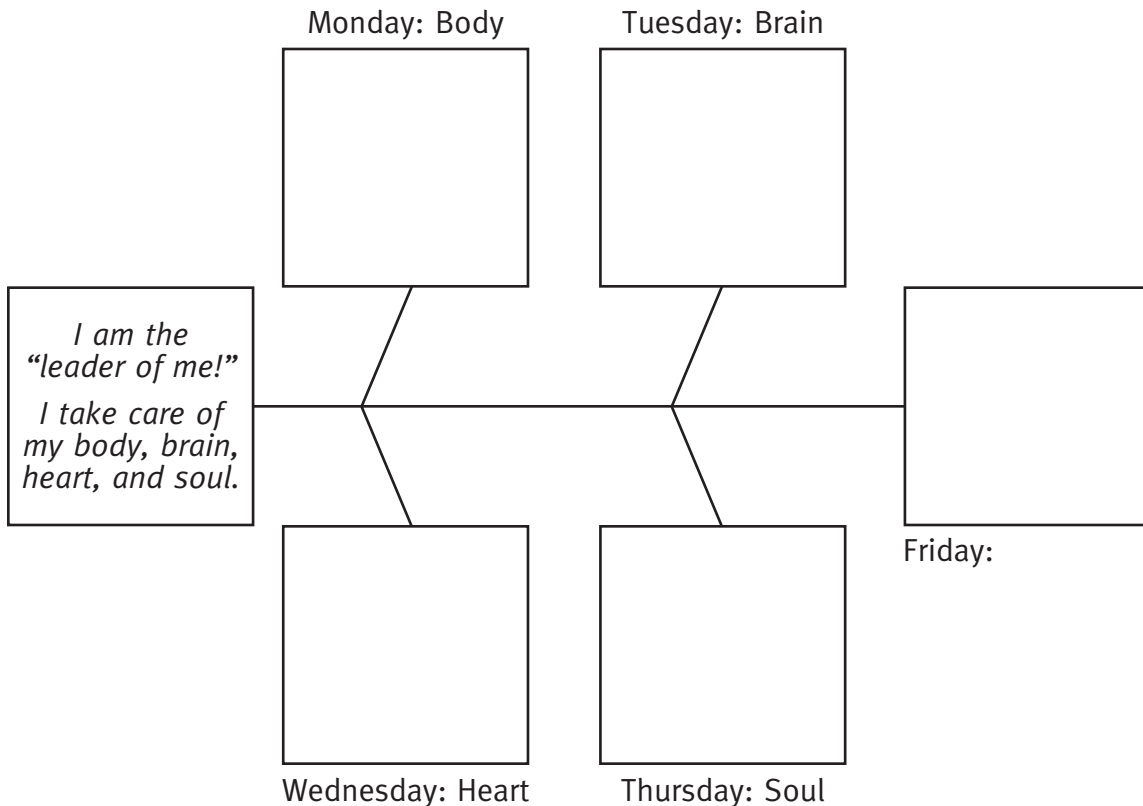
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HABIT 7

Learning About Habit 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!

Books That Reinforce the 7 Habits

Lower Elementary

The 7 Habits of Happy Kids by Sean Covey

Habits

The Berenstain Bears and the Bad Habit
by Stan and Jan Berenstain

Bread and Jam for Francis by Russell Hoban

D. W., the Picky Eater by Marc Brown

Berenstain Bears and Too Much Teasing
by Stan and Jan Berenstain

Sam Who Never Forgets by Eve Rice

Paradigms

Frederick by Leo Lionni

Smoky Night by Eve Bunting

Ira Sleeps Over by Bernard Waber

Stone Soup (any version) Strega Nona
by Tomie dePaola

Habit 1: Be Proactive

Amazing Grace by Mary Hoffman

The Little Engine That Could by Watty Piper

King Bidgood's in the Bathtub by Audrey Wood

The Very Lonely Firefly by Eric Carle

The Carrot Seed by Ruth Krauss

Habit 2: Begin With the End in Mind

The Very Busy Spider by Eric Carle

Whistle for Willie by Ezra Jack Keats

Click, Clack, Cows that Moo by Doreen Cronin

Pancakes, Pancakes by Eric Carle

Galimoto by Karen Lynn Williams

Habit 3: Put First Things First

Froggy Gets Dressed by Jonathan London

The Little Red Hen by Paul Galdone

The Very Hungry Caterpillar by Eric Carle

Alejandro's Gift by Richard E. Albert

Jamaica's Find by Juanita Havill

Habit 4: Think Win-Win

Alexander and the Wind-Up Mouse by Leo Lionni

The Rainbow Fish by Marcus Pfister

The Doorbell Rang by Pat Hutchins

The Very Clumsy Click Beetle by Eric Carle

Let's Be Enemies by Janice May Udry

Habit 5: Seek First to Understand, Then to Be Understood

Stellaluna by Janell Cannon

The True Story of the Three Little Pigs
by Jon Scieszka

The Runaway Bunny by Margaret Wise Brown

Are You My Mother? by P.D. Eastman

Is Your Mama a Llama? by Deborah Guarino

Habit 6: Synergize

Ox-Cart Man by Donald Hall

Swimmy by Leo Lionni

A Chair for My Mother by Vera B. Williams

Clifford's Spring Clean-Up by Norman Bridwell

*How the 2nd Grade Got \$8205.50 to Visit the
Statue of Liberty* by Nathan Zimelman

Habit 7: Sharpen the Saw

Owl Moon by Jane Yolen

The Snowy Day by Ezra Jack Keats

Don't Let the Pigeon Stay Up Late! by Mo Willems

Henry Hikes to Fitchburg by D. B. Johnson

Me I Am! by Jack Prelutsky



Upper Elementary

The 7 Habits of Happy Kids by Sean Covey

Habit 1: Be Proactive

Jeremy Thatcher, Dragon Hatcher by Bruce Coville

On My Honor by Marion Bauer

Someday a Tree by Eve Bunting

Salt in His Shoes, Michael Jordan: In Pursuit of a Dream by Deloris Jordan

The Real McCoy: The Life of an African-American Inventor by Wendy Towle

Habit 2: Begin With the End in Mind

Where Do You Think You're Going, Christopher Columbus? by Jean Fritz

Lucy Mastermind by Alan Feldman

Eddie, the Incorporated by Phyllis Naylor

Bobby Baseball by Robert Kimmel Smith

The School Story by Andrew Clements

Habit 3: Put First Things First

The Week Mom Unplugged the TVs by Terry Wolfe Phelan

Irving Black's Strange Snack by Roz Rosenbluth

Esperanza Rising by Pam Munoz Ryan

The TV Kid by Betsy Byars

Justin & the Best Biscuits in the World by Mildred Pitts Walter

Habit 4: Think Win-Win

The Butter Battle Book by Dr. Seuss

Dragon Stew by Tom McGowen

Law of the Great Peace by John Bierhart

The Checker Players by Alan Venable

Hiawatha, Messenger of Peace by Dennis Brindell Fradin

Habit 5: Seek First to Understand, Then to Be Understood

Marrying Malcolm Murgatroyd by Mame Farrell

Witch of Blackbird Pond by Elizabeth George Speare



Rules by Cynthia Lord

Veronica Knows Best by Nancy Robinson

The Bully of Barkham Street by Leonard Shortall

Habit 6: Synergize

The View from Saturday by E.L. Konigsburg

A Wrinkle in Time by Madeline L'Engle

Ruby Holler by Sharon Creech

The Chalk Box Kid by Clyde Robert Bulla

Chicken Sunday by Patricia Polacco

Habit 7: Sharpen the Saw

The Mysteries of Harris Burdick by Chris Van Allsburg

Uncle Willie and the Soup Kitchen by DyAnne DiSalvo Ryan

The New Kid on the Block by Jack Prelutsky

A Light in the Attic by Shel Silverstein

Wind in the Long Grass: A Collection of Haiku edited by William Higginson

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

Living the 7 Habits by Stephen R. Covey

The 7 Habits of Highly Effective Families by Stephen R. Covey