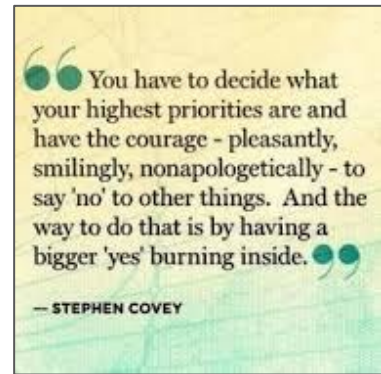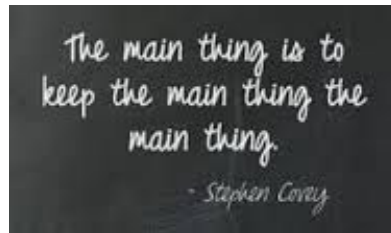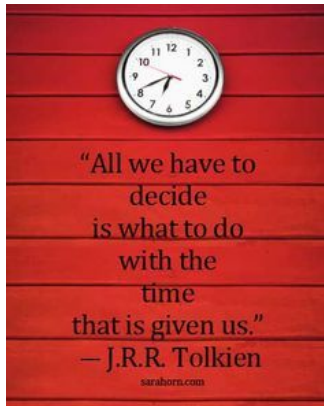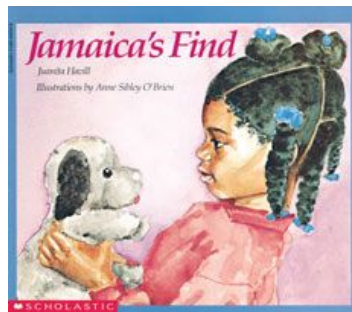# Bolt's Habit Playbook

Put First Things First

Habit 3 - Put First Things First means to decide what is most important and to take care of that first. Thinking about what needs to be done tomorrow or by the end of the week can be overwhelming, especially for children. Learning to think of which things are the most important and taking care of them first allows children (and adults) to be less stressed. If your child uses a planner at school, then he or she has a great organizational tool to Put First Things First in writing. By writing down his or her responsibilities and planning ahead, last-minute trips to the store, missed events, or missed homework are avoided. If your child does not use a planner, having a weekly log would also be helpful. This could simply be a piece of paper that is used each week. Modeling this behavior is one of the best ways to teach children.
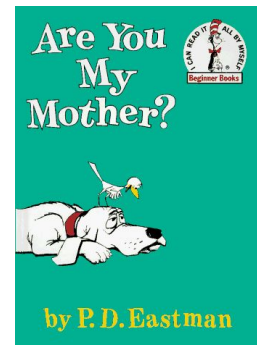
"All we have to decide is what to do with the time that is given us."
— J.R.R. Tolkien
sarahorn.com

The main thing is to keep the main thing the main thing.
- Stephen Covey

"You have to decide what your highest priorities are and have the courage - pleasantly, smilingly, nonapologetically - to say 'no' to other things. And the way to do that is by having a bigger 'yes' burning inside."
— STEPHEN COVEY

Click to view the videos:
https://www.youtube.com/watch?v=W-mk6ijass4 (start at 12:30)

R E A D

Jamaica's Find

Are You My Mother? by P. D. Eastman

Reflection Questions:
-How is Jamaica not putting first things first at the beginning of the story?
-What changes her mind to put first things first and return the stuffed dog?
-What happens after she returns the stuffed dog?
-Have you ever found anything and if so what did you do after you found it? Did you put first things first?
-What could you do to put first things first in your life this week?

Reflection Questions:
-How does the baby bird put first things first?
-What is the question the baby bird wants to know?
-How do you put first things first at home?
-What is one thing you could do to improve putting first things first at home?
-How do you put first things first at school?
-What is one thing you could do to improve putting first things first at school?