



# Bellerive Leaders

## Building a Better Tomorrow

Home to School Connection

Dear Bellerive Families,

On each early release day this year we will be focusing on a different habit and your child will spend time learning about each of the 7 Habits during the course of the school year. Below you will find information about the "Habit of the Month" and on the reverse side you will find an activity that can be completed together as a family to further your learning about the habits. Please return the completed activity to your child's teacher!

As you are working together (**Habit #6 - Synergize**) be proactive (**Habit #1 - Be Proactive**), have a plan (**Habit #2 - Begin with the End in Mind**), listen to one another (**Habit #5 - Seek First To Understand, Then To Be Understood**), consider the strengths you bring to the activity (**Habit #8 - Find Your Voice**) and have fun with your wonderful child (**Habit #7 - Sharpen the Saw**).

Thank you so much for your support from home and for fostering the leader in your child!

Fondly,

The Bellerive Staff

## Habit #1 - Be Proactive

In the first story from the book, The 7 Habits of Happy Kids, students learned about Sammy Squirrel. Sammy's story is called "Bored, Bored, Bored" because Sammy is bored and relying on others to find something fun for him to do. At the end of the story Sammy realizes that he's in charge of himself, his choices, and his actions. He decides what he can do, he takes charge, and he makes his own fun!

**Habit #1 - Be Proactive** means to take responsibility for your choices and behaviors. Habit 1 is the key to all of the other habits, and that's why it comes first. Be Proactive says, "I am in charge of my own life. I am responsible for whether I am happy or sad. I can choose how I react to other people or situations. I am in the driver's seat." Young children can easily learn to understand that different choices yield different results. The goal is to teach them to think about those results before they decide what to do. Discussions can focus on taking care of themselves, taking care of their things, reacting or not reacting to others' behavior, planning ahead, and thinking about what is the right thing to do. In addition to being in charge, **Habit #1 - Be Proactive**, is about making choices. You can choose your mood and what kind of weather you will have - deciding to have a sunny, happy day or a cloudy, sad day. The choice is yours! With your child, think of ways to Be Proactive at home.



Check out the reverse side for this month's Habit at Home activity!



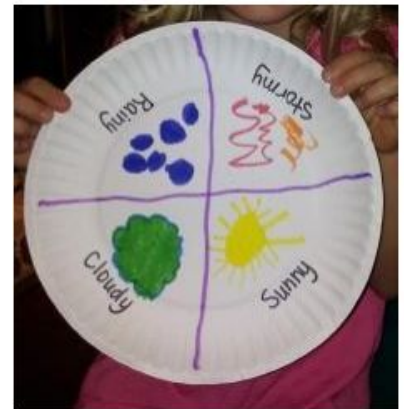
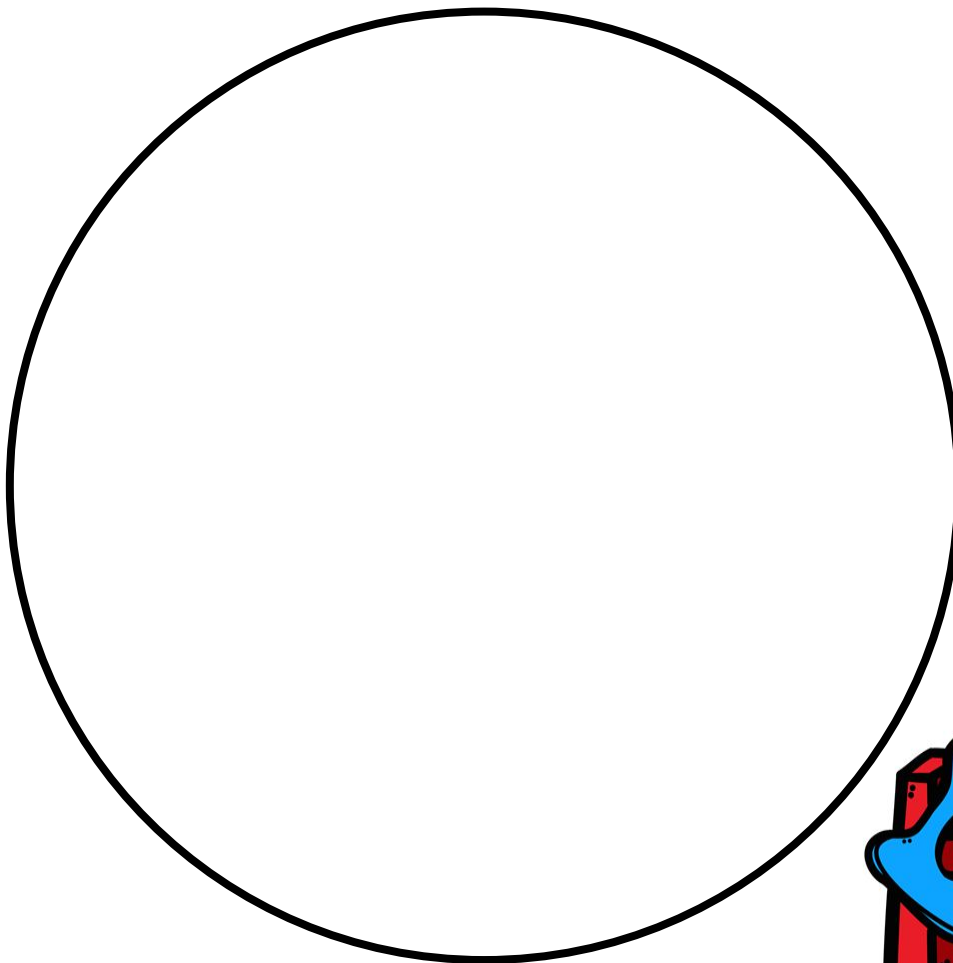
# Taking Habit #1 Home

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Directions: Using this piece of paper or a separate paper plate, make a weather wheel (an example is below). What types of weather will you add to your personal weather wheel? Keep track of your weather, your mood, for three days in the spaces provided. Remember to be proactive (Habit #1) and be in charge of how you respond to a situation or a problem. No matter what the weather is outside, YOU are in charge of "carrying your own weather." You must recognize your feelings so that you can take charge of your responses. Return this paper to your teacher when you are finished!

## My Weather Wheel



You can also watch a cartoon about Habit 1 on the Leader in Me website:

<https://www.leaderinme.org/family-resources/#section10>

**My 3-day weather tracker**  
Do you notice a pattern? Can you make a proactive change?

Day 1	Day 2	Day 3

