

7 Habits Overview and Family Activity Calendar

Directions: As a family, look at the 5 activities beside each habit. Choose ONE activity for EACH habit and do it as a family. Once you have completed seven activities, complete the Lighthouse Family Certification Form and return to your child's homeroom teacher.

Habit	Purpose
Habit 1: Be Proactive	Part of being proactive is stopping to think before we act. Sometimes, we react to a situation immediately, without taking time to think about the results of our actions.
Habit 2: Begin with the End in Mind	Having an end in mind helps your child be able to have a purpose for their goal and for the specific steps that will help them achieve it.
Habit 3: Put First Things First	Putting 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.
Habit 4: Think Win-Win	Thinking Win-Win is the belief that everyone can win. It's not you or me—it's both of us. By working with your child to come up with a solution, will help you both be happier in the situation and work through the conflict better each time.
Habit 5: Seek First to Understand then to be Understood	Seeking First to Understand, Then to Be Understood means that it is better to listen first and talk second. This habit is taught best by introducing listening as a skill that should be practiced.
Habit 6: Synergize	Synergy is when two or more people work together to create a better solution than either would have thought of alone. Use this activity to see if you can reach a better solution than either of you would have come up with alone.
Habit 7: Sharpen the Saw	Sharpening the Saw is about having balance in all areas of your life. Talk with your child about areas of his or her life that might be out of balance and find ways to put more focus on that area.

HABIT	ACTIVITY #1	ACTIVITY #2	ACTIVITY #3	ACTIVITY #4	ACTIVITY #5
Habit #1 Be Proactive	As a family write a poem about being Proactive.	Everyone in the family packs lunches and lays out their clothes the night before school.	Decide as a family to adopt and use the Proactive Language list below and use it as a family.	Role-play different situations with your child that will provide them the opportunity to think before they act	Create your own family mission statement and post it somewhere in the house.
Habit #2 Begin with the End in Mind	Set 2 goals as a family and create a timeline for reaching the goals.	Create a menu as a family for a dinner then follow and cook the meal as a family.	Plan a short trip as a family and make a list of the things you will need for the trip.	As a family (or with an individual child), choose an area that needs improvement. The area of improvement, or the broad goal, becomes your end in mind. Then think of specific steps that will lead to achieving this goal.	Kids in the family will write a short story about: When I Grow Up I Want to Be...
Habit #3 Put First Things First	As a family, plan the week or month, and write the plan on a calendar.	As a family, write down your big rocks as far as chores and who is responsible for them. Then assign and follow the chore list.	As a family, brainstorm things that might waste time and look to see if they get in the way of other things that need to be completed. Make a list of the time-wasters to see how they can be changed.	As a family, clean and organize one room in the house that everyone uses, then celebrate!	Work together as a family to complete a large task at some such as cleaning the garage or yard and celebrate as a family with a movie and popcorn!

HABIT	ACTIVITY #1	ACTIVITY #2	ACTIVITY #3	ACTIVITY #4	ACTIVITY #5
<p>Habit #4 Think Win-Win</p>	<p>Play a board game as a family. After someone wins, explain how competition is okay when you play a game, but it's not okay in personal relationships.</p>	<p>As a family create an emotional bank account bucket and keep a packet of notes near the bucket. At the end of each week read the deposits as a family during dinner.</p>	<p>As a family, create a "Caught Thinking Win-Win Chart" and post it on the refrigerator. If someone is "caught" they get to write their name on the chart to be recognized by the family at a celebration.</p>	<p>Play the game Tic-Tac-Treat as a family and discuss after the game, the idea of an abundance mindset. (See the game below)</p>	<p>As a family sharing activity, each family member will share a story about a conflict and then discuss how they resolved the conflict. The family will write down the resolutions and use them to solve future conflicts.</p>
<p>Habit #5 Seek First to Understand then to be Understood</p>	<p>Play the charade game with your family. Each member has to act out an emotion without words and the family members have to guess. Split the family into teams and the team with the most correct guesses wins.</p>	<p>Check out the book, "The 7 Habits of Happy Kids" book. Read the story, "Jumper and the Lost Butterfly Net: and answer the Up for Discussion questions on pp. 65.</p>	<p>As a family, discuss someone you all know that is a good listener. As a group, list the qualities that person has that makes them a good listener.</p>	<p>As a family, play the telephone game. Someone tells the first person a short story, they relay it to the next person until you reach the end. Then as a family compare stories to see how important listening is to relaying facts. Write the beginning and final story down to compare.</p>	<p>Each family member gets a piece of paper and a pencil. They write down the following: A good listener has: A good listener thinks: A good listener listens for: A good listener does not: Each member finishes the sentence and then has a discussion to compare lists.</p>

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<p>Habit #6 Synergize</p>	<p>With your children, choose a problem you have like completing chores or tasks. Use the Synergy Action Plan (below) to summarize your solutions as a family.</p>	<p>Start a family program where everyone drops what they are doing to pitch in and work as a team to clean the house, work in the yard, wash dishes, etc. Write down how everyone felt after the activity is complete.</p>	<p>As a family, everyone will write down what they are good at, then share the lists with each other and discuss how they could Synergize on homework, chores, playing games, sports etc.</p>	<p>As a family, write down the qualities that make a good team member and a bad team member. Discuss the difference in the qualities and how everyone will commit to using the qualities of a good team member in the future.</p>	<p>Check out the book, “The 7 Habits of Happy Kids” and read the story “The Big Bad Badgers.” As a family, answer the Up for Discussion questions on pp. 77.</p>
<p>Habit #7 Sharpen the Saw</p>	<p>As a family, develop a Sharpen the Saw activity as a family to do arts-and-crafts, games, puzzles, read a story etc. Schedule this on the calendar.</p>	<p>As a family, pick a menu that everyone loves and cook together and enjoy each other’s time at a meal--breakfast, lunch or dinner.</p>	<p>Plan an outdoor picnic and hike as a family—enjoy the time together and each family member write a reflection on the day.</p>	<p>As a family, choose a volunteer activity in the community or at your school and work together to volunteer as a family. Write a family reflection on the day.</p>	<p>As a family, work on the Baby Steps activity. (See below) Write a short reflection on which new habit helped the most.</p>

Proactive Language Activity

“Let’s look at alternatives.”

“We can choose a different approach.”

“We can control our own feelings.”

“We can choose an appropriate response.”

We can...

We prefer...

We will

The Activity: Tick-Tack-Treat

Supplies: A white or black board,

	○	○		
	X	X	○	
	X			

Sample Tick-Tack-Treat Grid

pens/chalk, eraser

a 5x5 checkered grid

masking tape (for the grid)

small wrapped candy

Set-up: Create the grid in advance.

Ask for volunteers for a 'challenge'.

Place family members into groups of two.

The pairs sit on benches or on the floor in two rows in front of the checkered playing grid. One group is assigned X and the other O, and they are given the following instructions: (As described in The Debrief, your language here is important.

Discuss the rules, “The task for one person is to get four X’s in a row, and you get a treat.” “The task for this one person is to get four O’s in a row and you get a treat.”

The pairs alternate opportunities to put a mark on the grid, and pairs will take turns so that they rotate who gets to place the mark on the grid.

The Lesson: What happens when a person gets four in a row?

When a person gets four in a row, they get candy BUT the game keeps going! (Do not tell them this in the set-up).

What usually happens is that the first person or first few attempts turn into battling one another competitively, trying to block their “opponent”. When they realize that the game continues after candy is given out, then eventually they realize that it is in their best interest not to compete but to work together to maximize how much candy each person can get.

The Debrief: What was the goal of the activity?

It is interesting what responses you will get to this question, but what you are looking for is, “To get candy”.

What happened when you got candy? (The game kept going)

What did the last group figure out?

Note the language in these following questions- Keep this language out of the activity to enrich the

discussion during the debrief.

Did I ever say it was a competition? (No)

Did I call you teams? (No)

Did I call it a game? (No, a 'challenge', or you can say 'activity')

Did I say that you had to put your own symbol, X or O, on the grid? (This is an interesting point- if you are careful in your explanation then team members could have taken turns placing four X's in a row, two from each group, followed by four O's on the grid. They share in completing each other's task.)

Question students about competition and why they thought it was a game with two opposing teams (Team sports, game shows, -competitive paradigm)

Now is your opportunity to refer back to the framing story... "When one eye is fixed upon your destination, there is only one eye left with which to find the Way"...

Sometimes we try harder instead of trying smarter.

Sometimes we are so fixed on the task, (what we are doing), that we forget the goal or the outcome, (what we really want). The challenge itself becomes an experience to understand this leadership concept, an experience far more meaningful than just explicitly explaining the concept. Also, even the spectators that don't get to participate and 'experience' the challenge have a more meaningful representation of the lesson, as the challenge becomes a visual metaphor for them. (Share the candy with everyone during the debrief!)

Think Win-Win

Win-Win is a belief in the Third Alternative.

It's not your way or my way; it's a better way.

A higher way.

Synergy Action Plan:

- 1. Define the problem.**
- 2. Share your views.**
- 3. Think of solutions.**
- 4. Choose the best solution together and write the solution in the form of a plan.**

Baby Steps Activity:

Baby Steps:

- 1 . For two nights in a row, go to bed early and see how great you feel when you wake up!**
- 2. For one whole week, read for twenty minutes every day.**
- 3. Today go play with someone who you haven't played with for a long time.**
- 4. Go to one of your favorite spots in nature, like a mountain, a park, or a stream. When you get there, think about all the things in your life that make you happy, like your grandma, your dog a fun toy, or playing with your friends.**

