

The Leader in Me™

7 Habits of Happy Kids

Using Your Habits at Home

Upward Elementary is using **The Leader in Me** to help our students develop their leadership skills. **The Leader In Me** process is based on the **7 Habits**; each month we'll send ideas to work on the Habits at home, as well as a list of books that demonstrate the Habits. This month we are focusing on **Habit 1: Be Proactive**.

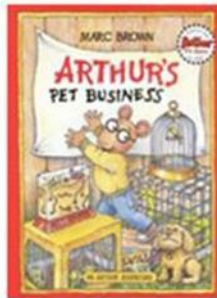
Habit 1: Be Proactive

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.

At Home

- Feeling bored? Brainstorm ideas.
- Help children pack their backpack the night before in order to be prepared for school the next morning.
- Create a safe place in the home for family members to go when they feel angry, scared, or overwhelmed. Discuss ways to deal with extreme emotions before they happen.

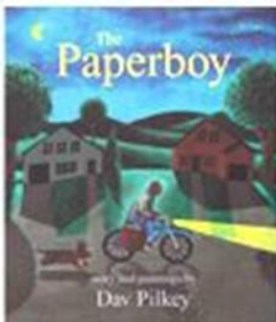
Books for Grades K-2



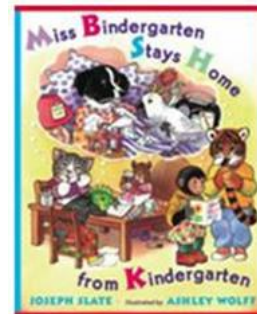
Arthur's Pet Business
by Marc Brown



Clean Your Room, Harvey Moon
by Pat Cummings

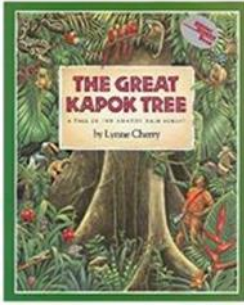


The Paperboy
by Dav Pilkey

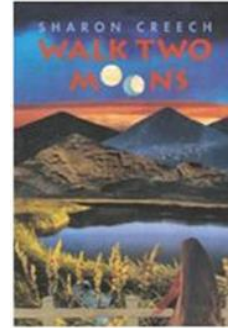


Miss Bindergarten Stays Home from Kindergarten
by Joseph Slate

Books for Grades 3-5



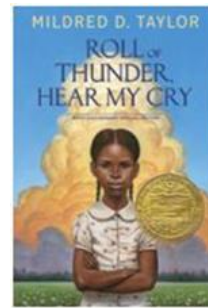
The Great Kapok Tree: A Tale of the Amazon Rainforest
by Lynne Cherry



Walk Two Moons
by Sharon Creech



Stone Fox
by John Reynolds Gardiner



Roll of Thunder, Hear My Cry
by Mildred D. Taylor