

# 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 3: Put First Things First**.

### Habit 3: Put First Things First

Work first, then play: I spend my time on things that are most important. 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.

#### At Home:

- Create a list of things your child needs to accomplish throughout a week. With your child, rank the tasks in importance. Then rewrite the list in order of importance. Use a planner or calendar to schedule time so that the important things are done first.
- Role-play with your child about the consequences of forgetting to study for a math test. How will your child feel? What are the consequences? Then role-play how it will feel to be well prepared and get a great match score!
- Encourage your child to design or decorate his or her own planner or weekly activity log.

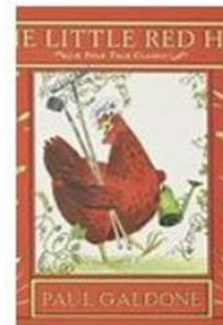
## Books for Grades K-2



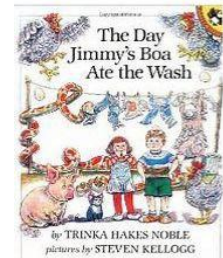
**Miss Nelson Is Missing**  
by Harry Allard



**Amazing Grade**  
by Marv Hoffman

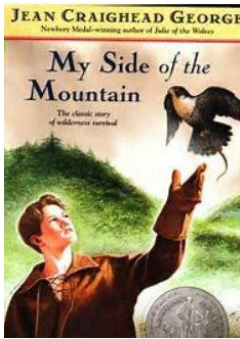


**The Little Red Hen**  
by Paul Galdone



**The Day Jimmy's Boa Ate the Wash**  
by Trinka Hakes Noble

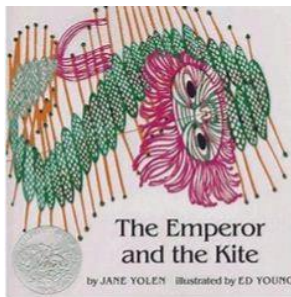
## Books for Grades 3-5



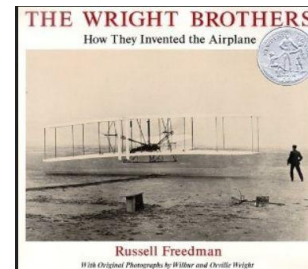
***My Side of the Mountain***  
by Jean Craighead George



***The Gift Giver***  
by Joyce Hansen



***The Emperor and the Kite***  
by Jane Yolen



***The Wright Brothers: How They Invented the Airplane***  
by Russell Freedman