

# 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 4: Think Win-Win**.

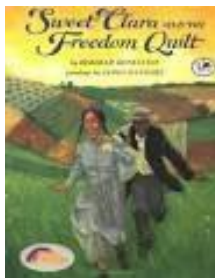
### Habit 4: Think Win-Win

Think Win-Win is the belief that everyone can win. It's not me or you—it is both of us. It is a belief that there are enough good things for everyone; it is an abundant way of thinking. Think Win-Win is being happy for others when good things happen to them. As a parent, not everything is negotiable, but if you go into discussions with your child with a win-win mindset, you'll find a lot less resistance.

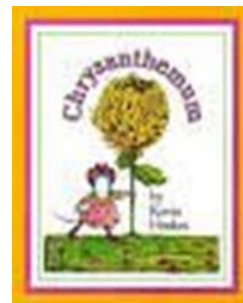
#### At Home:

- Play a game with your child(ren) that has a definite winner. Explain how competition is okay when you play a game, but it is not okay in relationships. Discuss how tense it would be in your home if every situation had to have a winner. A better way to think is win-win. This means we think of solutions that we can all feel good about when there is a problem. The more we think win-win, the fewer problems there will be.
- You may want to display a chart listing the days of the week. When someone is “caught” thinking win-win, he or she gets to write his or her name on the chart for that day.
- Encourage win-win solutions to sibling disputes. Don't always be the mediator; let them work out a solution and be sure to be lavish children with praise when they do.

### Books for Grades K-2



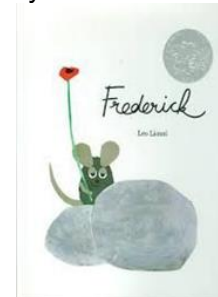
***Sweet Clara and the Freedom Quilt***  
by Deborah Hopkinson



***Chrysanthemum***  
by Kevin Henkes

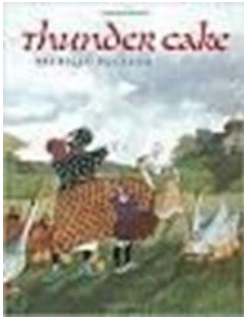


***The Mixed-Up Chameleon***  
by Eric Carle



***Frederick***  
by Leo Lionni

## Books for Grades 3-5



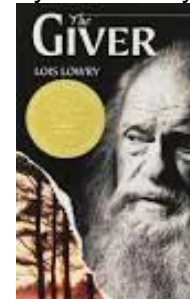
***Thunder Cake***  
by Patricia Polacco



***Pink and Say***  
by Patricia Polacco



***Number the Stars***  
by Lois Lowry



***The Giver***  
by Lois Lowry