

# The Leader in Me™

great happens here

## Suffield Elementary

Monthly Newsletter and Home Activity

Getting Organized with the 7 Habits:

Imagine a school morning where everyone knows what to do and is ready on time. Sound too good to be true? Well, it's possible! Organization is a skill learned over time. By teaching organization at home, your child will learn this very important skill. Use the first three habits as a framework for you and your child.

### **Habit 1: Be Proactive**

Habit 1 is about initiative and responsibility. Help your child determine what he/she will need for the next day. In the beginning, writing a list may help. Have your child gather the non-perishable items and put them in his/her school bag.

### **Habit 2: Begin With the End in Mind**

Habit 2 is about visualizing how you would like something to turn out before it happens. If a smooth morning is the goal, brainstorm with your child what it will look and feel like. Your child may actually have time to do something extra in the morning if he/she is organized and you will all have a happy start to the day.

### **Habit 3: Put First Things**

Habit 3 means focusing on the task when there's something else you would rather be doing — the hardest part of all! Helping your child learn how to avoid distractions by reminding them that, if they stick to it, all the fun things can come right after—with no guilt or nagging!

Once children know these habits — and how to apply them — they can start tackling more difficult tasks independently. They will begin to feel self-confident and proud when they're able to complete homework, chores, and other tasks by themselves. They're also sure to be pleased when they find they have some extra free time to do what they'd like to do.

Remember, it may take time to teach your child these skills. Sometimes, it will seem simpler just to do it for them. But remember, your child won't learn how to be independent and successful if you always do it for them. Using Habits 1-3 is a life skill that will benefit them their entire lives.