Parent as Teachers
You are your child’s first and best teacher. You can help your son or daughter discover the leader within and prepare for a great life of contribution to the world. The absolute best way to reinforce the importance of the 7 Habits and to make sure your child lives them is to model them in your own behavior.

Keep It Simple
Look for ways to integrate the 7 Habits into what you are already doing. Think of it not as one more thing, but as a better way of doing what you are already doing. Go at a pace that works for your family. You can plunge in all at once or work at it slowly. Either way, you will see improvements as you reap the benefits of living timeless and universal principles as a family. Remember, your child possesses unique gifts and talents. Think about what these are and what you can do to nurture and develop them.

Stay Connected With the School
As parents, you are busy, and often it is not possible for you to physically be at the school. However, there are other ways to stay connected and nurture the leader in your child.

- Read notes coming home.
- Read aloud to your child, pointing out or asking which habit the characters in the story used. (The same can be done for movies.)
- If you cannot attend parent meetings, get the phone number of someone who did attend and ask for the information you missed.
The Leader in Me

The 7 Habits® Tree

Habit 7
Sharpen the Saw®
Balance Feels Best

Habit 6
Synergize®
Together Is Better

Habit 5
Seek First To Understand, Then To Be Understood®
Listen Before You Talk

Habit 4
Think Win-Win®
Everyone Can Win

Habit 3
Put First Things First®
Work First, Then Play

Habit 2
Begin With The End In Mind®
Have a Plan

Habit 1
Be Proactive®
You're in Charge

AND REMEMBER TO TAKE CARE OF YOURSELF

The Leader in Me

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Parent Handout
Habits 1–7

**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.

**Habit 2: Begin With the End in Mind®**
I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my classroom and contribute to my school’s mission and vision. I look for ways to be a good citizen.

**Habit 3: Put First Things First®**
I spend my time on things that are most important. This means 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.

**Habit 4: Think Win-Win®**

**Habit 5: Seek First to Understand, Then to Be Understood®**
I listen to other people’s ideas and feelings. I try to see things from their viewpoint (paradigm). I listen to others without interrupting. I listen with my ears, my eyes, and my heart. I am confident in voicing my ideas.

**Habit 6: Synergize®**
I value other people’s strengths and learn from them. I get along well with others, even people who are different than me. I work well in groups. I seek out other people’s ideas because I know that by teaming with others, we can create better solutions than what any one of us could alone. I look for Third Alternatives.

**Habit 7: Sharpen the Saw®**
I eat right, exercise, and get enough sleep (body). I learn in lots of ways and lots of places, not just at school (brain). I spend time with family and friends (heart). I take time to find meaningful ways to help people (soul). I balance all four parts of myself.
With your child, think of ideas on how they can Be Proactive at home. Picking out their clothes at night, getting dressed in the morning, making their beds, picking up their toys, or packing their school bag are examples of being proactive. Choose one idea and write it on the line.

*I will Be Proactive at home by:*

Display this page where you and your child will see it. Together, count how many times he/she is proactive each day and have your child color the bar chart up to that number.

*I am a leader ~ I can Be Proactive!*

1 Habit 1 Learning About Habit 1: Be Proactive®
Begin With the End in Mind means to think about how you would like something to turn out before getting started.

Think of something your child has been trying to learn. Help him or her write it below; this is the end in mind.

*My end in mind is:*

____________________________________________________________________

Display this page where you and your child can see it. For each day, have your child color in the day of the week he or she worked on the end in mind. Encourage your child so he or she is able to color all five days!

- *I was the “leader of me” on Monday.*
- *I was the “leader of me” on Tuesday.*
- *I was the “leader of me” on Wednesday.*
- *I was the “leader of me” on Thursday.*
- *I was the “leader of me” on Friday.*

*I am a leader ~ I Begin With the End in Mind!*
Learning About Habit 3: Put First Things First®

Put First Things First means to decide what is most important and take care of it first. Talk with your child about the single most important thing he or she could do to help in the morning. Have him or her draw a picture doing that important thing. Display this page where you and your child will see it.

*Put an “X” by each day your child remembers to be a leader in the morning.*

- [ ] Monday
- [ ] Tuesday
- [ ] Wednesday
- [ ] Thursday
- [ ] Friday

I am a leader ~ I Put First Things First!
Learning About Habit 4: Think Win-Win®

Think Win-Win is a belief that everyone can win. It’s not me or you, it’s both of us. It’s working on a solution until both people are happy with it.

Display this page where you and your child will see it. Talk to your child about how he or she used win-win thinking each day. Write it on the line and have your child color the smiley face.

On Monday, I used win-win thinking when I

On Tuesday, I used win-win thinking when I

On Wednesday, I used win-win thinking when I

On Thursday, I used win-win thinking when I

On Friday, I used win-win thinking when I

I am a leader ~ I Think Win-Win!
Learning About Habit 5: Seek First to Understand, Then to Be Understood

Seek First to Understand, Then to Be Understood means that it is better to listen first and talk second.

Listening shows that you care about your child. Have your child draw a picture showing a time when he or she listened to someone important. Display this page where you and your child will see it.

I will show ____________ I care about him or her by listening with my ears, my eyes, and my heart.

I am a leader ~ I Seek First to Understand, Then to Be Understood!
Synergy is achieved when two or more people work together to create a better solution than either would have thought of alone. It’s not your way or my way, but a better way.

With your child, discuss a problem you may have at home, like bedtime or dinner. Practice Seek First to Understand, Then to Be Understood when discussing solutions. Use the Synergizer (below) to summarize your child's solution and then your solution. Together, try to reach a better solution than either of you would have thought of alone. The key is to really listen to each other.

Display this page where you and your child will see it.

**Synergizer:**

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Your child's solution
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```
A better solution
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```
Your solution
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*I am a leader ~ I Synergize!*
Sharpen the Saw means to have balance in your life. Just like a car needs four tires to operate smoothly, your child has four parts: body, brain, heart, and soul. All four parts are needed to operate smoothly.

Display this page where you and your child will see it. Use the fishbone diagram below to help your child focus on taking care of one part each day. Let Friday be a “choice” day.

**I am the “leader of me!”**
I take care of my body, brain, heart, and soul.

Monday: Body  Tuesday: Brain

Wednesday: Heart  Thursday: Soul

Friday:

*I am a leader ~ I Sharpen the Saw!*
Books That Reinforce the 7 Habits
Lower Elementary

The 7 Habits of Happy Kids by Sean Covey

Habits
The Berenstain Bears and the Bad Habit by Stan and Jan Berenstain
Bread and Jam for Francis by Russell Hoban
D. W., the Picky Eater by Marc Brown
Berenstain Bears and Too Much Teasing by Stan and Jan Berenstain
Sam Who Never Forgets by Eve Rice

Paradigms
Frederick by Leo Lionni
Smoky Night by Eve Bunting
Ira Sleeps Over by Bernard Waber
Stone Soup (any version) Strega Nona by Tomie dePaola

Habit 1: Be Proactive
Amazing Grace by Mary Hoffman
The Little Engine That Could by Watty Piper
King Bidgood’s in the Bathtub by Audrey Wood
The Very Lonely Firefly by Eric Carle
The Carrot Seed by Ruth Krauss

Habit 2: Begin With the End in Mind
The Very Busy Spider by Eric Carle
Whistle for Willie by Ezra Jack Keats
Click, Clack, Cows that Moo by Doreen Cronin
Pancakes, Pancakes by Eric Carle
Galimoto by Karen Lynn Williams

Habit 3: Put First Things First
Froggy Gets Dressed by Jonathan London
The Little Red Hen by Paul Galdone
The Very Hungry Caterpillar by Eric Carle
Alejandro’s Gift by Richard E. Albert
Jamaica’s Find by Juanita Havill

Habit 4: Think Win-Win
Alexander and the Wind-Up Mouse by Leo Lionni
The Rainbow Fish by Marcus Pfister
The Doorbell Rang by Pat Hutchins
The Very Clumsy Click Beetle by Eric Carle
Let’s Be Enemies by Janice May Udry

Habit 5: Seek First to Understand, Then to Be Understood
Stellaluna by Janell Cannon
The True Story of the Three Little Pigs by Jon Scieszka
The Runaway Bunny by Margaret Wise Brown
Are You My Mother? by P.D. Eastman
Is Your Mama a Llama? by Deborah Guarino

Habit 6: Synergize
Ox-Cart Man by Donald Hall
Swimmy by Leo Lionni
A Chair for My Mother by Vera B. Williams
Clifford’s Spring Clean-Up by Norman Bridwell
How the 2nd Grade Got $8205.50 to Visit the Statue of Liberty by Nathan Zimelman

Habit 7: Sharpen the Saw
Owl Moon by Jane Yolen
The Snowy Day by Ezra Jack Keats
Don’t Let the Pigeon Stay Up Late! by Mo Willems
Henry Hikes to Fitchburg by D. B. Johnson
Me I Am! by Jack Prelutsky
Upper Elementary

*The 7 Habits of Happy Kids* by Sean Covey

**Habit 1: Be Proactive**
*Jeremy Thatcher, Dragon Hatcher* by Bruce Coville
*On My Honor* by Marion Bauer
*Someday a Tree* by Eve Bunting
*Salt in His Shoes, Michael Jordan: In Pursuit of a Dream* by Deloris Jordan
*The Real McCoy: The Life of an African-American Inventor* by Wendy Towle

**Habit 2: Begin With the End in Mind**
*Where Do You Think You’re Going, Christopher Columbus?* by Jean Fritz
*Lucy Mastermind* by Alan Feldman
*Eddie, the Incorporated* by Phyllis Naylor
*Bobby Baseball* by Robert Kimmel Smith
*The School Story* by Andrew Clements

**Habit 3: Put First Things First**
*The Week Mom Unplugged the TVs* by Terry Wolfe Phelan
*Irving Black’s Strange Snack* by Roz Rosenbluth
*Esperanza Rising* by Pam Munoz Ryan
*The TV Kid* by Betsy Byars
*Justin & the Best Biscuits in the World* by Mildred Pitts Walter

**Habit 4: Think Win-Win**
*The Butter Battle Book* by Dr. Seuss
*Dragon Stew* by Tom McGowen
*Law of the Great Peace* by John Bierhart
*The Checker Players* by Alan Venable
*Hiawatha, Messenger of Peace* by Dennis Brindell Fradin

**Habit 5: Seek First to Understand, Then to Be Understood**
*Marrying Malcolm Murgatroyd* by Mame Farrell
*Witch of Blackbird Pond* by Elizabeth George Speare

**Habit 6: Synergize**
*The View from Saturday* by E.L. Konigsburg
*A Wrinkle in Time* by Madeline L’Engle
*Ruby Holler* by Sharon Creech
*The Chalk Box Kid* by Clyde Robert Bulla
*Chicken Sunday* by Patricia Polacco

**Habit 7: Sharpen the Saw**
*The Mysteries of Harris Burdick* by Chris Van Allsburg
*Uncle Willie and the Soup Kitchen* by DyAnne DiSalvo Ryan
*The New Kid on the Block* by Jack Prelutsky
*A Light in the Attic* by Shel Silverstein
*Wind in the Long Grass: A Collection of Haiku* edited by William Higginson

**Parent Reading**
*The Leader in Me* by Stephen R. Covey
*The 7 Habits of Highly Effective Teens* by Sean Covey
*The 7 Habits of Highly Effective People* by Stephen R. Covey
*Living the 7 Habits* by Stephen R. Covey
*The 7 Habits of Highly Effective Families* by Stephen R. Covey