

Habit #1 - Be Proactive "You're in Charge"

To be proactive means to take responsibility for your choices and behaviors.

Parent Corner - Suggested Tips for your Child

You are in Charge of...

Your Attitudes

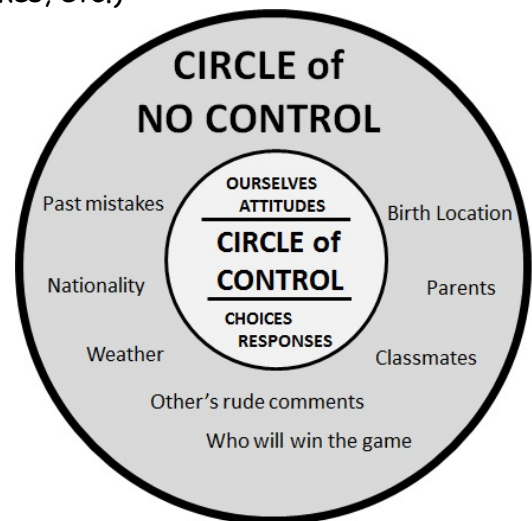
- Use proactive language, as opposed to reactive language...

Proactive Language	Reactive Language
I'll do it	I'll try
I can do better than that	That's just how I am
Let's look at our options	There's nothing I can do
I choose to	I have to
There has to be a way	I can't
I'm not going to let your bad mood rub off on me	You ruined my day

- Focus on things you can control (ex. your actions & behaviors) vs. things out of your control (classmates, teacher, siblings, past mistakes, etc.)

Your Choices

- Stop and ask yourself, "What is the *right* thing to do?"
- At Home - be responsible for yourself (getting dressed, preparing backpack, brushing teeth) and your family (doing chores, helping family members)
- At School - doing homework, good listening, following directions



Your Responses

- Encourage your child to stop and think before acting.
- Others do not "make" you feel a certain way, you choose to feel that way.
- Be aware of your feelings (Mad, Sad, Happy, etc.) and learn healthy ways to manage your emotions, for example:
 - Mad - Take deep breaths, count to 10, take a walk
 - Sad - Find ways to feel better (ex. funny movie, exercise, friend)

