



Leader in Me: Family Connection

Younger-Child Activities

- (In this role play, you should play the part of your child's friend) Say that you have a new best friend who lives close to your home and you don't want to play with him or her anymore. Apologize and then wait for your child's reactions.
- (In this role play, you should play the part of your child and your child should play the part of you) Tell your child that you are "sooooo" bored" and there is nothing fun to do. Complain that no one wants to play and that he/she needs to amuse you.

Teen Activities

- The next time your child forgets homework or his/her soccer shoes shoes
- before the big game, think hard before coming to the rescue. What are you teaching your child when you save the day?
- If your child has a dispute with a teacher or gets a grade he/she thinks is unfair, encourage your teen to make an appointment with the teacher to discuss it one-on-one instead of doing it for them.

Habit 1: Be Proactive

Be Proactive means to take responsibility for your choices and behaviors. Habit 1 is the key to all of the other habits; that's why it comes first. Be Proactive says, " I'm in charge of my own life. " I'm responsible for whether I am happy or sad. I can choose how I react to other people or situations. I am in the driver's seat". Young children can easily learn to understand that different choices yield different results. The goal is to teach them to think about those results before they decide what to do. Discussions can focus on taking care of themselves, taking care of their things, reacting or not reacting to others' behavior, planning ahead, and thinking about what the right thing to do is. With your child, think of ways to Be Proactive at home.

Books:

King Bidgood's in the Bathtub, Amazing Graze, The Little Engine That Could.