

Habit 2: Help for Parents 😊

Begin With the End in Mind, Have a Plan

Understanding the Habit

Begin With the End in Mind means to think about how you would like something to turn out before getting it started.

"I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my classroom. I can make a difference and contribute to the vision and goals of my school and in my classroom. I look for ways to be a good citizen."

Key Concepts Mental creation precedes physical creation, vision for the future, having a plan, setting personal goals, Mission Statements, making a Bucket List

Future skills learned by Beginning With the End in Mind:

1. Use critical thinking to organize information.
2. Develop intrapersonal skills of self-confidence and self-management.
3. Use creative thinking to solve problems.
4. Develop the ability to set goals and follow through.
5. Develop strong oral and written communication skills.

"We may be young and we may not know everything, but we are our own person and we have our own mind and our own thoughts. We know what is most important to us" -Jorge

Putting the Habit into Practice

Ideas for Getting Started

- Read the Habit 2 story from *The 7 Habits of Happy Kids*. Have a discussion about Goob's plan. Points to Ponder, thanks to Goob Bear:
 - Encourage kids to use words and phrases like "Begin With the End in Mind", goals, choices, "sticking with it" at school and at home.
 - Lay out your clothes the night before so you don't have to rush for school the next day.
 - Tell your mom and dad what you want to be when you grow up.
 - Get a pencil and paper and write down three goals you want to achieve. Put the paper in a safe place where you can see it.
 - We all have something we need to get better at, like doing homework, brushing and flossing our teeth, or obeying our parents. Pick one thing you need to do better...and start doing it!
- **Introduce the habit with an object:**
 - Parachute Man- Discuss your goals/your plan; you wouldn't jump out of an airplane without a parachute!
 - Treasure Chest- That's the end, what is the beginning?
 - Compass, Blueprints, Legos, Model of sorts
 - Paintbrush- Some projects need to be planned out before they can be executed.
 - Maze- Know what your goal is before you start the maze so you know what you are working for.

- Have child set goals in areas that may need improvement. Have them keep track of the steps they take to reach their goals.
- Have child create a “wants” and “needs” collage. Cut out pictures of various items from a magazine and have kids paste them under the correct column of “wants” and “needs.” Discuss why he/she chose to put the items in the respective columns.
- There are so many examples of Habit 2 in recipes, puzzles, paintings, looking at maps before trips, future plans, and exercise goals. Use any analogy to explain what it means to Begin With the End in Mind.



You Are the Leader of You

Begin With the End in Mind gives you the confidence to make goals based on what's important to you...not to someone else.

Activity #1: The Missing Piece

Give child a new puzzle without the lid. Ask him/her to put the puzzle together without having the End in Mind, or any sort of plan (or picture). Knowing the end result, or goal, allows us to design and set the path to get there.

Activity #2: I'm Board...

Set out a new board game without any directions. As a family, try and figure out how to play, possible rules, and how a winner is determined. Not having a goal to reach, or steps to get there, results in confusion and no direction.

Activity #3: Stopping for Directions

Have one child write directions for a specific task such as making a PBJ sandwich or reaching a destination. (Destination could be turned into a Treasure Hunt!) He/she reads those to a sibling or parent who follows exactly what is said. It is likely that steps have been forgotten. For example, if child says, “Get two pieces of bread,” but he/she doesn't tell you to open the bag that holds the bread, then stick your hand through the bread bag to remove the two pieces. If child says, “Put peanut butter on one side of the bread” but he/she forgets to tell you to open the jar, then set the jar of peanut butter on top of a slice of bread. If child says, “Open the jar of jelly,” but he/she forgets to have you use a knife or spoon to spread it, then dip your hand into the jar, take some out, and spread it by hand on the bread. The point of this exercise is that if you make a good plan in the beginning, it is easier to follow when working to achieve a goal. Kids will love seeing the mess you get into during this demonstration!

Hopefully your child will be able to understand and explain that mental creation (the plan) should precede physical creation (the action).

Activity #4: *Justice at Last*

Read the book, *Jackie Robinson: Justice at Last* by Geoffrey C. Ward and Ken Burns. Have a discussion about setting goals and making a plan. Determine Jackie Robinson's goal and how he achieved it. How did Jackie Robinson Begin With the End in Mind? Who and what helped him achieve it? "What do you want to be when you grow up? What steps do you need to take to help you reach your goals? Who can help you? What can help you?" Talk about how it's important to have good role models in your life to encourage you and cheer you on.

Ask child to close his/her eyes and think of someone who has been a positive influence on them, someone they look up to and admire, someone who encourages them to achieve their goals.

Have child write a Thank You note/card to a person they consider a positive role model.

Activity #5: *Bucket List*

Give each child a Bucket. Have him/her write goals on strips of paper he/she would like to accomplish in the next month, season, year... As goals are reached, collect the strips, mount, display...

Activity #6: *Family Mission Statement*

Businesses and universities have these...families should as well. Brainstorm important values, ideas, words, phrases... What does our family want to be known for? How do we treat each other? What unique contributions can we make? What big goals do we want to achieve? What unique talents or skills do we have? Choose the 3 most important. Mission Statement should reflect what you want your family to stand for.

Create family slogans: *No Empty Chairs, We will come after you with LOVE...*

Don't live day-to-day, week-to-week. Make a plan for your life and your family.

Video Clips

Students share ideas for Habit 2

<https://www.youtube.com/watch?v=kIEJoDNFkWw&index=11&list=PL3wgUsES99dWTjCmT1b6NVB-CEktgW-vH>

Kid President: Dreams, goals, never giving up

https://www.youtube.com/watch?v=l-gQLqv9f4o&list=PLIgl_dZ-zm6LI_FGQRgctv6VT17m0OU4O

Bruno Mars/Muppets: Don't give up

https://www.youtube.com/watch?v=pWp6kkz-pnQ&list=PLOx55G-V9D4XMk6rFTZo1vp_Q4-CpUeAZ

Book List

The Very Busy Spider by Eric Carle

The Little Scarecrow Boy by Margaret Wise Brown

Jackie Robinson: Justice at Last by Geoffrey Ward & Ken Burns

Whistle for Willie by Ezra Jack Keats

Click, Clack, Moo by Doreen Cronin

Inch by Inch by Leo Lionni

Galimoto by Karen Lynn Williams

The School Story by Andrew Clements

Pancakes, Pancakes by Eric Carle

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 Very Clumsy Click Beetle by Eric Carle

Sylvester and the Magic Pebble by William Steig

Horton Hatches the Egg by Dr. Seuss

Oh, the Places You'll Go by Dr. Seuss

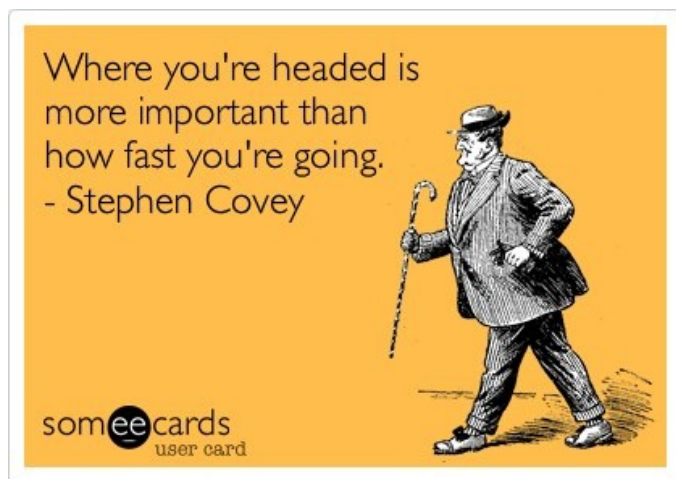
There by Marie- Louise Fitzpatrick

The Wartville Wizard by Don Madden

Dream Big Little Pig by Kristi Yamaguchi

I Can Be Anything by Jerry Spinelli

When I Grow Up by Sean Covey



As we let our own light shine, we unconsciously give other people permission to do the same.” – Nelson Mandela