

7 Habits of Happy Kids



Habit 1: I'm In Charge of Me

I have choices. If I am bored it's up to me to find something to do!
I don't blame others for my mistakes and wrong actions.
I am responsible for my own materials and actions!

Habit 2: Have a Plan

I plan ahead and set goals.
I am a good citizen.
I care about people and I like to share with them.

Habit 3: Work First, Then Play

I get my work done before I play.
I say NO to things I shouldn't do.
I am disciplined and organized.

Habit 4: Everyone Can Win

I can compromise.
I can balance what I want with consideration for what others want.
When I have a conflict I with someone I look for solutions that will make us both happy.

Habit 5: Listen First, Then Talk

I listen with my ears, eyes, and my heart.
I try to see things from their point of view.
I listen without interrupting.

Habit 6: Together is Better

I am a team member.
Working together we can get the job done.
I get along with people even when they are different from me.

Habit 7: Balance Feels Best

I take care of myself by eating right, exercising, and getting a good night's sleep.
I spend time with my family and friends.
I spend time doing things I enjoy.

A growth mindset is the thinking that although you may not be able to do something YET, you will be able to soon! A student with a growth mindset tries his/her best.