



The Leader in Me

Level 4 Activity Guide



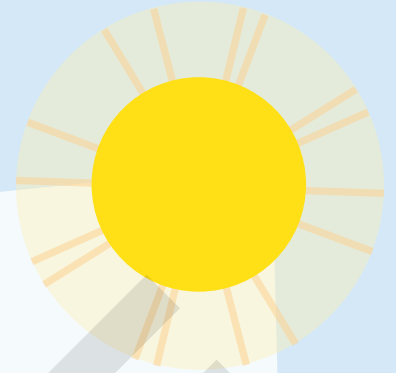
Dear Parents and Guardians,

Our class is using this activity guide, *The Leader in Me*, as an introduction to personal leadership. All students have the capacity to lead in their own lives and affect those around them by making positive choices. *The Leader in Me* provides students with activities that will help them learn practical character and life skills that will lead to those positive choices. Written to appeal to their age level, students are presented with fun activities designed to get them thinking.

Your child is about to embark on an exciting journey, and our hope is that you will ask your child how he or she is doing along the way. This activity guide gives you an opportunity to engage, hands-on, in what your child is learning and will lead to many “teachable moments.” Having your child reteach the content to you will give him or her an even deeper understanding and will give both of you an opportunity to learn together!

Additionally...

The “Parents Place” is available at www.TheLeaderInMe.org. You will find ideas to use at home involving the family and reinforcing your child’s learning in a fun, interactive way.



Student Edition

Table of Contents

Welcome	Pages ii–vi
➔ What is a leader?	
➔ Who can be a leader?	
➔ Why learn the 7 Habits?	
Using Your Activity Guide	
The 7 Habits	
Leadership Tools	
Habits	2–3
Paradigms	4–5
Principles	6–7
Habit 1	8–13
Habit 2	14–19
Habit 3	20–25
The 7 Habits in Action: Habits 1–3	26–27
Habit 4	28–33
Relationship Bank Account	34–35
Habit 5	36–41
Habit 6	42–47
The 7 Habits in Action: Habits 4–6	48–49
Habit 7	50–55
The 7 Habits in Action	56–57
The 7 Habits Maze	58–59
You Are a Leader!	60
The 7 Habits Tree	Inside back cover

Welcome!

This activity guide was made just for you, whoever you are or wherever you live. The activity guide is called *The Leader in Me* because you have the ability to be a leader. This activity guide will give you habits and tools that will help you on your journey to being a leader.

➔ What is a leader?

In the dictionary, *to lead* means “to direct; to guide by influence.” Leaders get along well with others, are responsible, appreciate people’s differences, and are problem solvers and creative thinkers. Being a leader is finding and using your own strengths to influence other people to find and use their strengths.

➔ Who can be a leader?

Everyone has the power to be a leader—including you! Each person has unique strengths and can make a contribution in and out of school by sharing those strengths. Being a leader is not about being popular or holding a position; it’s about using your strengths and encouraging others to use theirs.

➔ Why learn the 7 Habits?

The 7 Habits are the road map to becoming a leader. They are life skills you can use on the playground, in sports, with friends, at school, and at home. Each of the 7 Habits will help you today, tomorrow, and when you are an adult.



Using Your Activity Guide

The Leader in Me will help you discover how to be the leader of yourself and others and develop habits you can use for the rest of your life.

The Leader in Me activity guide will teach you how to:

1. Think about your choices before you make them.
2. Plan ahead.
3. Get along with others.
4. Use your strengths and talents to solve problems.

***The Leader in Me* activity guide will also introduce you to leadership tools. This is your activity guide, so write in it, draw in it, and have fun with it!**



The 7 Habits

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®

I balance courage for getting what I want with consideration for what others want. When conflicts arise, I look for a win-win solution. I make deposits in my Relationship Bank Accounts.

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 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 to solve problems, because I know that by teaming with others, we can create better solutions than any one of us alone. I look for Third Alternatives.

Habit 7: Sharpen the Saw®

I take care of my body by eating right, exercising, and getting enough sleep. I learn in lots of places, not just at school. I spend time with family and friends. I take time to find meaningful ways to help people. I balance all four parts of myself.

The 7 Habits® Tree

AND REMEMBER TO TAKE CARE OF YOURSELF

Habit 7

SHARPEN THE SAW®
Balance Feels Best

THEN PLAY WELL WITH OTHERS

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

START WITH YOU

Habit 3

PUT FIRST THINGS FIRST®
Work First, Then Play

Habit 2

BEGIN WITH THE END IN MIND®
Have a Plan

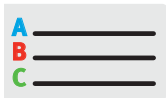
Habit 1

BE PROACTIVE®
You're in Charge

What Are Leadership Tools?

As you go through the activity guide, you will see the symbols below appear. These are fun tools that help you think, organize, and solve problems.

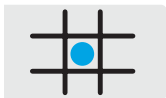
Leadership Tools



Prioritizer



Flowchart



Lotus Diagram



Circle of Control



Goal Planner



Venn Diagram



Gantt Chart



Brainstormer



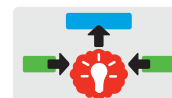
Stop and Think Chart



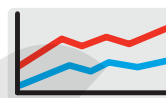
Fishbone Diagram



Plus/Delta Chart



Synergizer



Line Chart



Bar Chart

HABIT

1

Be Proactive



ACTIVITY

1

Have you ever been really upset with something or someone?

Have you ever been so upset that it was hard to control your emotions?

Being in control of your emotions can be very hard. Even adults have to practice. The good news is that it is up to you. No one can make you feel a certain way; you have to allow them to upset you. By practicing Habit 1, **Be Proactive**, you will get better at being in control of your emotions.

What is a good choice to make if you are very angry?

Example: Take a deep breath.

Where do you like to go when you are angry or upset?

Who can you talk to if you are very sad?

If you would like, you may share your answers with a partner.



ACTIVITY

2

Read the poem below about **taking responsibility** and being in control of your emotions.

At school, at home, or at play,
I have emotions every day.
I'm in control and I stand tall,
In class, at play, and even in the hall!

Now it's your turn!

Write a poem on the lines below about taking responsibility for your emotions. Remember, poems don't always have to rhyme.



Be Proactive

ACTIVITY

3

An opossum, sometimes called a possum, is a great example of how to control emotions.



Have you ever heard of “playing possum”?

If you have, you would know that opossums use this trick when they are attacked. When an opossum is attacked, it curls its body up, leaves its eyes and mouth partly open, makes its legs stiff, slows its heartbeat, and plays dead. **When the danger is gone, the opossum is fine.** Even though it is really scared and wants to run away, it knows that it is best to stay calm and wait for the danger to pass.

Grrrrrrrrrrrrrrrrrr!

Z

