

## Grit Homework Due: Monday 9/19

Parents, I am working to help my 6<sup>th</sup> grade students work through the first habit of Stephen Covey's book *7 Habits of Highly Effective People*. The first Habit, "Be Proactive," encourages us to look at ourselves and work on changing the things we have control of from the inside out. As a class, we have discussed what proactive vs reactive behavior looks like and have examined what it means to have a paradigm shift.

As our children begin to rely more and more on their friends, they can allow a rude comment by a friend to ruin their whole day, and are easily led into misbehavior by a peer group. As a parent, it's important to help your child understand the importance of taking responsibility for his or her own life and choices...the premise for Habit 1. **Your child's homework is to complete one of the following options with a parent or guardian. Parent's, please sign off on this paper to show that the assignment has been completed.**

1. Make a pact with your child to together stop an unhealthy habit. Identify the habit you want to stop (overeating, watching too much TV, not exercising, etc.) and choose a start date, and end date, and progress check-in dates along the way. Explain to your child that research shows it takes a full 21-days to start a new habit or stop an old one, so it's important not to get discouraged or give up too quickly.
2. Have a discussion with your child about the things he or she would be willing to stand up and fight for in the face of peer pressure. Tell your child you don't want him or her to tell you what he or she thinks you want to hear. You might try role-playing this so your child can be prepared to stand up to a friend or group if needed.

I have completed one of the two assignments above with my child.

Parent Signature: \_\_\_\_\_

Student Name: \_\_\_\_\_