



7 Habits Activities



Habit 1: Be Proactive

1. Water or Soda Activity

Materials:

Can of Soda

Bottle of Water

Instructions:

Explain to students the difference between people who are reactive and people who are proactive. People who react like the soda let anger build up inside and will eventually explode, while the "water people" act proactively and will talk about problems rather than holding them in and exploding on others.

*to add excitement to the activity you can first shake the water and open it and then shake the soda and pretend to open it in front of the students.

Lesson:

When you react to a situation proactively it will allow you to talk out your problems and not let them build up inside. It is unhealthy to build up such anger inside that you eventually explode and yell at people around you.

2. Hand Mirroring

Materials:

No materials needed

Instructions:

Have students pair up and face each other while holding their hands up, palms facing outward. Act as if there is an invisible wall between their hands so that they are not touching each other.

Instruct one student to take the lead and move their hands around at

any speed while their partner will act as the mirror try their keep their movements in sync with each other. Continue to have one follow the other and instruct the students to progressively move faster if the student can keep up.

After you have noticed some frustration, stop the exercise and have a quick discussion of how the kids felt when the mirroring was continually becoming difficult.

Lesson:

Explain how being Proactive also means taking responsibility by not participating in the activity instead of getting mad (reactive).

Habit 2: Begin with the End in Mind

3. Nesting Doll Demonstration

Materials:

Nesting Dolls (preferably one with 3-5 dolls)

Instructions:

Explain to the students how every person has different layers to them. The outer layer is that everyone sees. (Show the doll and then remove the outermost doll.) The layer inside is who your best friends know, and people who know your secrets. (Depending on how many nesting dolls you have, you can then take this further). The innermost doll is who you are on the inside, how you think, and whether your thoughts are positive or negative.

Lesson:

You cannot work on achieving your goals or End in Mind if you are negative to your true self (the smallest Nesting Doll.)

4. Puzzle Activity

Materials:

Puzzles-children sizes with about 50 pieces (enough for your classroom for each group of 4-5 students to have one)

Instructions:

Have students break into groups of 4-5 students. Place one puzzle on their desk, upside down and without letting the students see the front of the box. Give the students a few minutes to try and put the puzzle together without turning over the pieces (blank cardboard side). When they are having trouble, explain to them how this relates to life in that they can't jump into anything blindly, you must know what you are looking for (in life) in order to achieve it. Then have them turn the pieces over give a few minutes to continue to try and put the puzzle together. If they still can't figure out the puzzles, show them the front of the box. Once the puzzles are now put together, explain how it was much easier because they now knew what they are looking for. Because they were "beginning with the end in mind", they were able to put the puzzle together, knowing what it was supposed to look like.

Lesson:

In life, if you know where you want to get, you will be able to achieve your goal much easier.

"Without goals, and plans to reach them, you are like a ship that has set sail with no destination."

Habit 3: Put First Things First

5. Big Rocks Activity (Already on website)

Habit 4: Think Win Win

6. Island Activity

Materials:

2 table clothes or 2 mats

Instructions:

Split the students into two groups. (Depending on the size of mats that you have, the number of students will vary.) Have the groups each stand on one of the mats. Once they are on the mats, explain to them to imagine as if the mats are islands and the ground is

the water that surrounds the island. The water is shark infested and if the students step on it they will be out of the game. The goal is to have the students figure out how to flip both mats to the opposite side, while having all students survive. Remind them that they cannot touch the ground or they will be out of the game. In order to win, one group needs to get on the same mat as the other group (it will be a tight fit) so that the mat will be free. Flip the free mat and do the same thing on the other side.

Lesson:

If you are not thinking Win-Win before you start the activity, people will be pushed, shoved, and ultimately lose. Think Win-Win, work together and allow everyone to live and stay on the island.

7. Arm Wrestling/ Thumb Wrestling

Materials:

No materials needed

Instructions:

Have the students' get in groups of 2. They are going to either be arm wrestling or thumb wrestling; the goal is to have as many pins as possible. Tell them they will be receiving 1 Miracle dollar for every pin that they get against their partner. When they are ready, time them for 30 seconds on the activity. Once the 30 seconds are up, stop the game and get a count of how many pins were recorded.

Lesson:

Now explain that the goal wasn't to get more than your teammate, the goal was to get the most pins. In other words, if they work together, they can get more pins in 30 seconds working together than if they were to compete for each pin. Start the exercise again and see how many pins they can come up with now (they should have a lot more because they are thinking win-win instead of win-lose.)

Habit 5: Seek First to Understand and then to be Understood

8. Hand Clapping Activity

Materials:

Any object found in a classroom setting

Instructions:

Take one student aside, where they will not be able to hear as you explain the instructions to the rest of the class. Pick any object in the classroom. The chosen student will have to find the identified object. Explain to the class that, without any verbal communication or pointing, they will have to guide the student to whatever object is chosen by clapping. As the student walks close to the object they will clap louder and faster, and as the student walks away from the object they will not clap at all. (Comparable to the Hot and Cold game) Once the student has identified the chosen object the game is complete.

Lesson:

The student must understand what his/her classmates are trying to communicate to them. When you are not able to talk, it makes the task much more difficult and frustrating. In Seeking First to Understand they must try to figure out what their classmates are trying to tell them without asking questions.

9. Count to 20

Materials:

No materials needed

Instructions:

Tell the students that they are to count to 20 as a group. When they all start talking, stop them and explain the rules.

Rule 1: Only one student can say a number at time, if multiple students say the same number, they must start over

Rule 2: You cannot say more than one number

Rule 3: You must count in the chronological order

Rule 4: The students cannot communicate with each other

Once the rules are explained have them try again. After a few attempts stop the game and provide some examples of how they can accomplish their task. If one student takes a leadership role and points to their classmates to have them say the numbers they will eventually win.

Lesson:

When everyone is yelling out numbers and does not know what anyone else will say, they will never be able to accomplish anything. Someone needs to become a leader and guide the rest of their classmates if they want to finish.

Habit 6: Synergize

10. Three Little Pigs Story

Materials:

No materials needed

Instructions:

Have the student gather in a small group, preferably in a circle, and tell them that they will be telling the story of the 3 Little Pigs (if the students don't know the story, you can choose a common story they all will know). One by one the students are to tell the story, but only by saying 1 word at a time. The goal is to complete the story by having the students work together.

Lesson:

By working together (synergizing) the story can be told to completion.

11. 3 Letter Word Body Parts

Materials:

Paper and pencil

Instructions:

Tell the students to individually, think of any body parts that are spelled using only 3 letters and write them on their paper. Hint: there are 10. After a few minutes have them work with a partner to

compare answers. If they are still having trouble after that, have them walk around the room and compare answers.

Answers: 1. Ear 2. Eye 3. Lip 4. Arm 5. Leg 6. Toe 7. Gum 8. Rib 9. Jaw
10. Hip

Lesson:

By working together (synergizing) they should be able to come up with all the answers. The sum of the parts is greater than the whole.

Habit 7: Sharpen the Saw

12. Apple Slice Activity

Materials:

An apple

Instructions:

At the beginning of the day show the students your apple and cut it in half. Place it aside for the rest of the day. Once you see the inside has turned brown pick it up and show the students. Explain how the apple is similar to us in the sense that if sit around and do not take care of yourself that you won't be good and fresh. Then slide off the outmost part of the apple (where it is brown). Show the students how the inside is still good and fresh.

Lesson: If you don't take time to take care of yourself you will not be the best that you can.