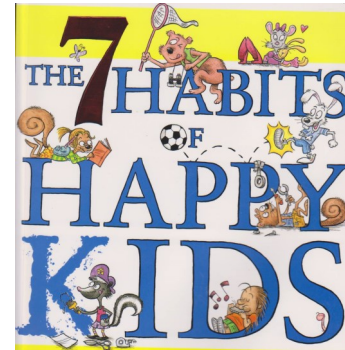
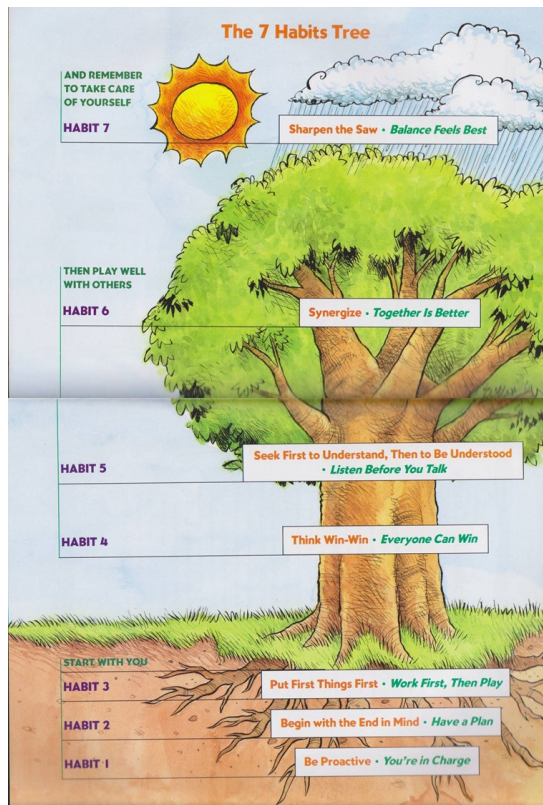




In the seventh story we learn about **balance**. Sean Covey the book's author writes, "We all feel better when we're balanced, when we take time to renew the four parts of who we are: body, heart, mind, and soul."

In the story "Sleepy Sophie," Sophie Squirrel is tired because she reads a lot – she spends all of her free time reading, she stays up late reading, she even reads when she plans to take a nap! Sophie learns that she needs to find balance in her life – she can't just focus on her mind. She needs to also think about her heart, her body, and her soul – she needs balance.



## The 7 Habits of Happy Kids by Sean Covey

In the first story from the book, children learned about Sammy Squirrel. Sammy's story is called "Bored, Bored, Bored" because Sammy is bored and

relying on others to find something fun for him to do. At the end of the story Sammy realizes that he's in charge of himself, his choices, and his actions. He decides what he can do, he takes charge, and he makes his own fun! In addition to being in charge, 'Habit 1 – Be Proactive', is about making choices. You can choose your mood and what kind of weather you will have - deciding to have a sunny, happy day or a cloudy, sad day. The choice is yours! 'Habit 1 - Be Proactive' is also about taking responsibility for your own actions and attitudes.



In the second story from the book, we learn about Goob the Bear in a story called "Goob and the Bug-Collecting Kit." Goob passes a toy shop, sees a bug-collecting kit, decides he has to have it, and makes a plan to earn the \$4 it costs to buy the kit. He then spends his time putting his plan into action with the help of his friend, Jumper Rabbit. They set up a lemonade stand, split the \$20 profit, and each make choices about how they will spend their money. Goob makes **smart choices** with his money and is able to buy the bug-collecting kit plus additional items. Jumper makes **impulsive choices**; buys popcorn, candy bars, gum, a cheap yo-yo (which breaks right away), and a small squirt gun (which he loses) and finds that his money "just kind of disappeared." In the end, Goob helps his buddy figure out that he needed to plan ahead, 'to **begin with the end in mind**', in order to get what he really wanted.

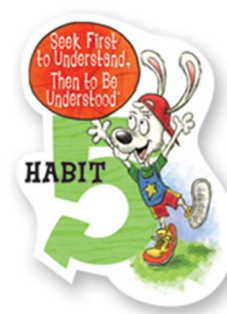




In the third story, we learn about Pokey the Porcupine, who LOVES to procrastinate. In the story “**Pokey and the Spelling Test**”, Pokey is introduced to six spelling words on Monday. His teacher tells him to study all week long for the spelling test on Friday. Pokey has good intentions to study, but he decides to do other things instead, and puts off studying until the last minute. He crammed for the spelling test on Thursday night, failed the test on Friday, and learned that he needed to ‘**Put first things first**’. He learned to study first before he went out to play. He also learned that it feels far better to be prepared than to wait until the last minute and fail.

In the fourth story we learn about Lily, who wants a garden. In the story “**Lily Plants a Garden**”, Lily shares her love of Mrs. Hoot’s garden with her mother. She really wants to have a garden and she asks her mother for permission to plant her own vegetable garden. Lily’s mother tells her that a garden is a lot of work, she worries she’ll end up doing most of the work, and she really doesn’t have the time right now. Lily is upset, but decides to write a letter to her mother detailing what she will do to help with the garden. Lily shares the letter with her mom, and her mom allows her to plant the garden. Lily is happy to have her garden, and her mom is happy to have fresh fruits and vegetables for the family. They both get what they want, and it is a WIN-WIN for both of them!

Habit 4 – ‘**Think Win-Win**’ is the habit of thinking about others as well as yourself. It is the habit of seeking mutual benefit in all interactions



In the fifth story, we learn about Jumper Rabbit, a friendly rabbit who wants to play with Goob the Bear. Goob is upset because he lost his butterfly net, but Jumper doesn’t listen to Goob as he tells about his problem. Jumper leaves Goob and goes to find someone else to play with. He goes to Tagalong Allie’s house. Allie is having a problem, but Jumper can’t understand what she’s saying. He takes Allie to Lily’s house and Lily is able to figure out what Allie is saying. She teaches Jumper to “**...listen with your heart and your eyes, not just your ears...**” After he learns this lesson from Lily, Jumper Rabbit goes back to Goob’s house to help Goob solve his problem. Jumper really listens this time (with his ears, eyes, and heart!) and helps Goob find his butterfly net.

**Habit 5 – ‘Seek First To Understand, Then To Be Understood’** is the habit of empathic listening.



For the sixth habit, we learn about teamwork in the story “**Together is better**”. When the friends are challenged to a football match to begin with they all want to play their own game. However, they soon realise everyone has their own skills and **using their assets to synergize** they can win against the Big, Bad Badgers - a team they thought they’d never beat! **Habit 6 – ‘Synergize’** is the habit of working together.