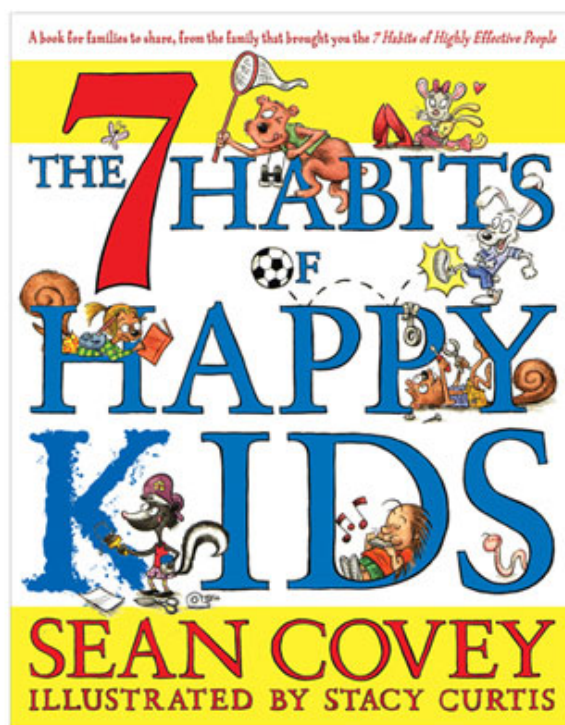


* Be Well Teachmeet

April 21st 2016



electric
Ireland



7 Habits Of Happy Kids



Copyright: <http://www.celinaschools.org/LinkImages/original-451302-13.jpg>

Habit 1:

BE PROACTIVE

I'M in charge of me



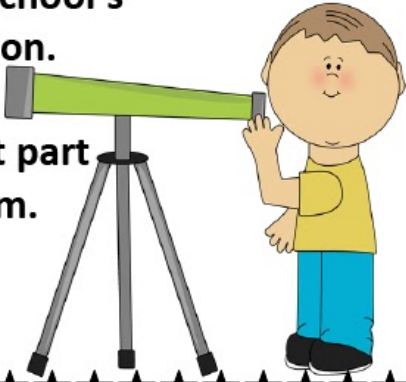
http://p1cdn4static.sharpschool.com/UserFiles/Servers/Server_20282341/Image/habit1.PNG

Habit 2:
BEGIN WITH THE
END IN MIND
HAVE A PLAN

I contribute to my school's mission and vision.

I am an important part of my classroom.

I set goals.



A cartoon illustration of a young boy with brown hair, wearing a yellow shirt and blue pants, standing and looking through a green telescope mounted on a grey tripod.

I look for ways to be a good citizen.

I plan ahead.

I do things that have meaning and make a difference.

[http://4.bp.blogspot.com/-AljOOocDU2c/Uf61wkQ4wqI/AAAAAAAAADlo/ZWpX--sUrq8/s1600/New%2BPicture%2B\(28\).bmp](http://4.bp.blogspot.com/-AljOOocDU2c/Uf61wkQ4wqI/AAAAAAAAADlo/ZWpX--sUrq8/s1600/New%2BPicture%2B(28).bmp)

Habit 3:

PUT FIRST THINGS FIRST

WORK FIRST, THEN PLAY

I am
disciplined &
organized.

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.



Habit 4: Think Win-Win

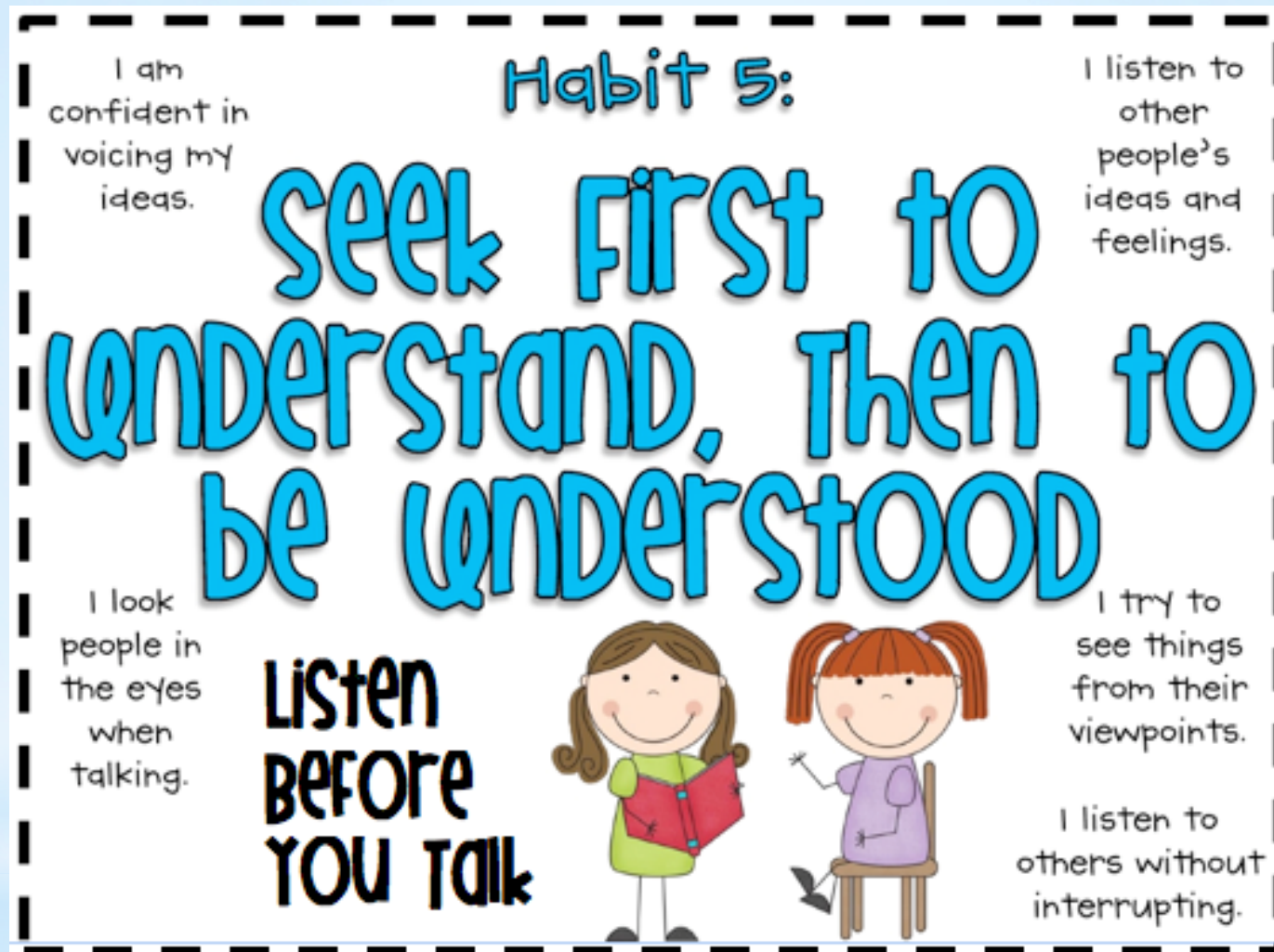
I Win, YOU Win, We Win

I balance courage for
getting what I want
with consideration for
what others want.



I make deposits into
others' Emotional Bank
Accounts.

When conflicts arise, I
look for third
alternatives.



http://p1cdn4static.sharpschool.com/UserFiles/Servers/Server_20282341/Image/habit5.PNG

Habit 6:

SYNERGIZE

TOGETHER IS BETTER

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 of us can alone.

I am humble.

Habit 7:

Sharpen the Saw

I take care of
my body by
eating right,
exercising, and
getting sleep.

**Balance
Feels
Best**



I find
meaningful
ways to help
others.

I spend time
with family and
friends.

I learn in lots of
ways and
places, not just
at school.



- * Complete a random act of kindness
- * Submit kindness on website or through social media
- * Choose one of 3 charities to dedicate your act of kindness to
- * 3 charities will share the €130,000 fund
- * www.poweringkindness.ie