



# October Newsletter

## *Betsie Valley Elementary*

### **Habit #1: Be Proactive**

Being proactive means **taking responsibility for your life and actions** rather than just watching how things happen. Being proactive means *anticipating problems*, seeking new solutions and doing your best. The opposite of proactive is reactive. Being reactive means letting things outside myself determine what choices I make. That is why I really like the 1<sup>st</sup> habit in our leadership academy:

### **Be proactive!**

Becoming a proactive person is really about taking charge of the things I can control: my thoughts, my words, and my action

During the month of October, we will focus on four principles:

- I am a responsible person.
- I take initiative.
- I choose my actions, attitudes, and moods. I do not blame others for my actions.
- I do the right thing without being asked, even when no one is looking.

Proactive behavior is an important building block of learning how to get along with others, make and keep friends, take care of our own needs, and be successful in life. As being proactive becomes one of our habits, I expect you will begin to see more of this at home too. This is a great website for additional information: <https://sites.google.com/a/student.lps53.org/7-habits/home>



## Proactive vs Reactive

### What can I control?

Classroom	Hallways	Restroom
<ul style="list-style-type: none"> <li>*I complete my schoolwork</li> <li>  *I ask for help</li> <li>  *I listen to instructions</li> <li>*I take care of my belongings</li> <li>  *I have a calm attitude</li> </ul>	<ul style="list-style-type: none"> <li>*I am quiet so others can work</li> <li>*I keep my body in control</li> <li>  *I stay with my class</li> <li>  *I take care of myself</li> <li>  *I remain calm</li> </ul>	<ul style="list-style-type: none"> <li>*I take care of myself</li> <li>*I clean up my own mess</li> <li>  *I wash my hands</li> <li>*I respect others' privacy</li> <li>  *I have a calm attitude</li> </ul>
Cafeteria	Playground	Bus
<ul style="list-style-type: none"> <li>*I walk in the cafeteria</li> <li>*I say excuse me, please and thank you</li> <li>  *I wait for my turn</li> <li>  *I clean up my area</li> <li>*I stay in my own space</li> <li>  *I help others</li> </ul>	<ul style="list-style-type: none"> <li>*I line up with my class</li> <li>*I help and share with others</li> <li>*I take care of equipment</li> <li>*I keep the playground clean</li> <li>  *I work through disagreements with others</li> </ul>	<ul style="list-style-type: none"> <li>*I sit on the seat</li> <li>*I speak with a quiet voice</li> <li>  *I listen to directions</li> <li>  *I take care of my belongings</li> <li>*I keep my things inside the bus</li> <li>  *I respect others</li> </ul>



# WHAT CAN I CONTROL?

THINGS  
OUTSIDE MY CONTROL

THINGS  
INSIDE MY CONTROL

MY THOUGHTS

MY WORDS

MY ACTIONS

MY PLAY

MY FEELINGS

MY BEHAVIOR

MY OPINIONS

MY IDEAS

I AM ONLY EVER IN  
CONTROL OF MYSELF!

OTHER  
PEOPLE'S  
THOUGHTS

OTHER  
PEOPLE'S  
OPINIONS

OTHER  
PEOPLE'S  
PLAY

OTHER  
PEOPLE'S  
IDEAS

OTHER  
PEOPLE'S  
ACTIONS

OTHER  
PEOPLE'S  
BEHAVIOR

OTHER  
PEOPLE'S  
WORDS

OTHER  
PEOPLE'S  
FEELINGS