

# MOTIVATIONAL MAGIC

with Steve Harmer

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## 7 Habits of Highly Effective Kids

Warm-up and Introduction:

**Clapping 1 2 3 Game:** to be sure every one is paying attention

- 3 Rules:**
1. If something is funny, remember to laugh.
  2. If something I do is amazing, please give me a big round of applause.
  3. If you would like to be a helper in the show I look for those sitting quietly.

**Fun Trick:** Domino Trick

**Unicycle Routine:** Just for fun

I am going to challenge all of you make a decision today to be the very best person you can be. I want each of you to live a life that is meaningful and makes a difference. So I am going to present for you the **7 Habits of Highly Effective Kids**. I first learned about these habits 15 years ago and they have sure helped me be a better person, a better husband, a better father, a better teacher and a better citizen. And I am still working on them.

Habit: The dictionary says that a habit is something we do over and over again without having to think about it too much. There are bad habits and there are good habits. Today we are going to focus on good habits; things we all need to do over and over again that help ourselves and to help others. **To do this I will use the giant puzzle.**

### Habit 1: Be Proactive - **You are in charge**

(Your attitude is a choice. Your action is a choice)

To be proactive is to have the ability to choose your response (response-ability). This is the opposite of "Reactive". "Pro" means before and "Re" means after. Proactive people take responsibility for themselves, their actions, their decisions, their moods and attitudes.

**Trick:** Sword Box "Do what's right even when the wrong is popular"

### Habit 2: Begin with the End in Mind - **Have a plan**

(Know the goal. Know the destination.)

To begin with the end in mind, means that we start with a clear understanding of our destination. Setting goals provides a roadmap for all of us. If we aim at nothing we will hit it every time.

As an example, I would guess that all the students would like to make new friends this year. So if "**more friends**" is the goal what do we have to do to get there? I would like to share 6 secrets to having more friends:

1. Smile a lot
2. Speak friendly words to everyone
3. Listen carefully to others
4. Be yourself
5. Encourage others
6. Don't be bossy or a know it all

**Trick:** Butterfly Blendo

### Habit 3: Put First Things First - **Work first, then play**

(Do the most important things first)

To put first things first takes willpower, determination and courage. We need to decide what things are really the very most important things in our lives. Then we need to plan how and when we are going to take care of, or do those things. Prioritize, and do the most important things first. For example, if the goal is to be a “**Successful Student**” how should we prioritize these activities? TV, Nintendo, Homework/Reading, Chores/Helping Others, Healthy Living (good food, exercise, sleep, hygiene), Play With Friends,

**Trick:** Priority Ladder Production

### Habit 4: Think Win-Win - **Everyone can win** (Arrange things so everyone wins)

Thinking “win-win” means finding a solution that works for everyone. Let’s search for solutions that will make us happy as well as others. It is cooperation, not competition. Win-win thinking requires a combination of courage, consideration, and listening.

**Story:** Special Olympics “Caring is more important than winning.”

**Trick:** Newspaper to dove

### Stretch Break:

### Habit 5: Seek First to Understand, Then be Understood - **Listen before you talk** (Seeing things through the eyes of the other person)

Empathetic listening means to listen with the intent to understand what the other person is thinking and feeling. This is when we listen NOT ONLY with our ears, but we also listen with our HEARTS. We listen for feeling and for meaning.

(Great Story: There’s No Charge for Love - in the teacher notes)

**Trick:** Super Kids “All kids are Super Special, Super Capable and Super Loveable.”

### Habit 6: Synergize - **Together is better** (**TEAM: Together Everyone Achieves More**)

Synergy is a result of everyone working together. The results of two or more people working together can be better than the individuals working alone. This habit involves looking at alternatives, listening to other’s views, valuing differences, and seeking creative “third alternatives.”

**Trick:** TEAM Blendo Routine

**PUZZLE PIECE: The Missing Piece (PEACE)** Without good habits in our lives we are missing out on this kind of PEACE.

### Habit 7: Sharpen the Saw - **Balance feels best** (Lifelong learning)

To sharpen the saw involves self-improvement, on-going growth and lifelong learning.

Sharpening the Saw requires taking care of three main parts of each of us: **Body, Mind &**

- Spirit.**
1. Are you taking care of your body and physical health? (Balance board)
  2. Are you learning new things all the time and exercising your mind? (Club Juggling)
  3. Are you taking care of the important Spiritual part of your life? (Plate Spinning)

To be a highly effective kid, you need to be continually improving in all three areas.

**Trick:** 3 Way Juggling

### Conclusion:

The exciting thing about practicing the **7 Habits of Highly Effective Kids** is that these habits can lead to a life that is rewarding, full and joyful.