

**Grade Level:** Fourth Grade **Topic:** October – Habit#1 Be Proactive

**Materials:** Chart paper, pop bottle, water bottle, Anchor Chart with Circle of Control, slips of paper with types of events, short stories for game, work sheet “Circle of Control”, classroom copy of Habit# Be Proactive, student copy of Habit #1 Be Proactive.

**ASCA Standards:**

**Academic Development:**

Standard A: Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.

A:A3 Achieve School Success

A:A3.1 Take responsibility for their actions

**Personal/Social Development**

Standard A: Students will acquire the knowledge, attitudes and inter- personal skills to help them understand and respect self and others.

PS:A1 Acquire Self-knowledge

PS:A1.8 Understand the need for self-control and how to practice it

**Introduction**

- ✓ Over the next few months we are going to be talking about habits.
- ✓ What is a habit? (Habits are things we do everyday, like brush our teeth, put on our shoes, clean our rooms, make our beds) .
- ✓ We can have good habits and bad habits. List examples of each.
- ✓ For next few months we are going to talk about good habits that can make us all responsible students and leaders here at DH.
- ✓ October’s character trait is responsibility.

**Check Prior Knowledge**

- ✓ The first habit we are going to learn is “Be Proactive”.
- ✓ Does anyone know what being **proactive** means?

**Set Purpose**

- ✓ Today we will learn how to **be proactive** students.

## Procedures

- ✓ But first we will explain what the opposite of being proactive is – being reactive.
- ✓ As you share this story, shake a bottle of pop.
- ✓ This is a story of when I was very reactive and got mad at someone for a bad choice that I had made. You see, I forgot to set my alarm and overslept. While driving to work, I got behind a very slow car and got angry that they were making me late for work.
- ✓ Whose fault was it that I was late for work?
- ✓ I was late because I had not set my alarm and I had overslept.
- ✓ I explain that when I got mad at the other car, I was being reactive. I essentially was exploding my soda all over that person. It wasn't their fault, but I was taking my frustration out on them.
- ✓ Then I show them a water bottle. I shake the water bottle vigorously and ask the class what would happen if I opened it? Naturally, nothing would happen. The water bottle stays calm. That is like being proactive. Proactive people stop and think before they act, they are in control. They take responsibility for their own actions.
- ✓ We then discuss all the proactive things I could have done to be sure I wasn't late for work anymore.
- ✓ Sometimes things go wrong, and we feel shaken up.
- ✓ Has this ever happened to you? Explain what happened and why. Was this a good way to let go of all of your feelings? Why or why not?
- ✓ Explain how reactive people make choices based on impulse and as the pressure builds, they suddenly explode.
- ✓ When you are PROACTIVE, you make a choice about how you react to the things that happen in your life. You act like a water bottle. (show water bottle) You might get shaken up or mad, but you stay calm and don't explode!
- ✓ Play game Proactive/reactive with scenarios.

- ✓ Proactive people are like water. Shake them up all you want and nothing comes out. No fizzing, bubbling or pressure. They are calm, cool and **in control**.
- ✓ On chart paper draw one large circle and another circle inside of the larger one.
- ✓ This smaller circle is called the Circle of Control, this means that I am the leader of me, I'm in charge of me!
- ✓ When we are being **proactive**, we focus on the things that we can control, the things in our circle of control.
- ✓ The outside circle is called the circle of no control – these are the things that you can't control. These are the things that we have to let go.
- ✓ Show the students examples of events and have them decide if they are in control or have not control. Give paper strips with examples to pairs of students and have them decide which circle they will put the event in.
  
- ✓ Remember to Be Proactive, we focus on the things you can change or influence.
- ✓ Read Habit #1 Be Proactive – I am responsible for myself. I have a can do attitude! I choose my actions, attitudes, and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.
  
- ✓ **Check for understanding**
- ✓ Have students complete the circle of control worksheet to see if they understand the things that are in their control.

### **Summarize**

- ✓ **Change how you handle things. Make a choice to be positive and focus on those things that YOU can change.**