

Habit #3

Put First
Things First

Brief Information about Habit #3

- Put *First Things First* means to decide what is most important and to take care of that first
- Thinking about what needs to be done tomorrow or by the end of the week can be overwhelming, especially for children
- Learning to think of what things are the most important and taking care of them first allows children (and adults) to be less stressed

Younger-Child Activities

- Create a list of things your child needs to accomplish throughout a week. With your child, rank the tasks in importance. Then re-write the list in order of importance. Use a planner or calendar to schedule time so that the important things are done first
- Role-play with your child about the consequences of forgetting to study for a math test. How will your child feel? What are the consequences? Then role-play how it will feel to be well prepared and get a great math score
- Encourage your child to design or decorate his or her own planner or weekly activity log

Primary-Age Children's Reading List- Habit #3

- **Froggy Get Dressed-** Jonathan London
- **The Little Red Hen-** Paul Gladone (or any version)
- **The Very Hungry Caterpillar –** Eric Carle
- **Are You My Mother?-** P.D. Eastman
- **The Carrot Seed-** Ruth Krauss

Teen Activities

- If your teen doesn't currently use a planning system, buy one. If your teen prefers electronics to paper, no problem. There are a variety of online and software resources as well.
- Ask your child to make a list of what he or she thinks is his or her biggest time-waster and what to do about it.
- Plan time as a family. This is especially important as your children get older and want to spend more and more time with friends. Set aside a couple of hours once a week as family time. Watch a movie, go out to eat, play games, cook dinner together- whatever fits your family. Protect this time and make a tradition. Everyone in the family should block it out on their calendars.

Upper-Age Children's Reading

List- Habit #3

- **The Week Mom Unplugged the TVs** -Terry Rolfe Phelan
- **Esperanza Rising**- Pam Munoz Ryan
- **The TV Kid**- Betsy Byars
- **Justin and the Best Biscuits in the World**- Mildred Pitts Walter
- **Chasing Vermeer**- Blue Balliett

Video- Big Rocks