

7 Habits Home Connection

Each month you will be receiving a 7 Habits Home Connection as an insert in your monthly Graden News Letter. These are activities that you can use at home to reinforce and model the 7 Habits as a family.

February Home Connection



Synergize is when two or more people work together to create a better solution that either would have thought of alone. It's not your way or my way, but a better way. Talk about the equation: $1 + 1 = 3$ (or more). How is that possible? 1 person + another person = 2 ideas + many more than either of them would have thought of alone. Synergy is taking good ideas and making them better by working together. Discussions can focus on other examples of synergy in nature, history, literature, and personal experiences. For example, synergy happens in nature when a flock of geese heads south for the winter. They fly in a V formation because due to the updraft, the entire flock can fly farther than if each bird flew alone.

Younger-Child Activities

- Read Chapter 6 of *The 7 Habits of Happy Kids* book with your child and then complete the Parent's Comer.

Works for All Ages

1. With your children, choose a problem you may have (like curfew or completing tasks). Use the Synergy Action Plan to summarize your child's solution and your solution: (1) Define the problem. (2) Share your views. (3) Think of solutions. (4) Choose the best solution together. See if you can reach a better solution (the High Way) than either of you would have come up with alone.
2. Institute a "15-minute program" where everyone drops what they are doing and pitches in to work as a team to clean the kitchen, pull weeds in the garden, wash the dishes, sweep the front porch, etc. Cutting out a small block of time where everyone helps makes the work go quicker.
3. If your child has siblings, ask each to identify what they think their brother or sister is really good at, then share the lists with each other and discuss how they could Synergize on homework, chores, playing games, sports, etc. If your child does not have siblings, you can do the same exercise using his or her best friends—or you.