

## Family Focus – October – Be Proactive

We want to see how your family is **BEING PROACTIVE** at home. You can email a photo of your family being proactive and/or write to us how your family demonstrates **Habit #1 Be Proactive** at home. Please send an email to [MESLeaderinme@mccombschool.org](mailto:MESLeaderinme@mccombschool.org). Don't forget to include your children's name and their grade(s). We will be sharing the pictures/responses on Facebook and the school's website. If you do not want your picture on Facebook or the website, please indicate that in the email. We look forward to seeing everyone **Being Proactive!**

I take a "strategic pause" if I feel myself getting frustrated or upset. I might get a sip of water, stretch, breathe in, and think of something happy.

I'm proactive when I lay out my clothes the night before!

I did my homework or chores without a reminder!

I showed I am responsible for me when I...

I took initiative this week when I...

I listed ideas of things I can do when I'm bored. I keep the list in a visible spot and add to it as I have new ideas.

