

PALS

Promoting: Achievement, Learning and Success

September 2014

What is PALS?

- **Social/Emotional Development**
- **Educational Development**
- **Literacy Development**

Profile of the South Carolina Graduate

World Class Knowledge

- Rigorous standards in language arts and math for career and college readiness
- Multiple languages, science, technology, engineering, mathematics (STEM), arts and social sciences



World Class Skills

- Creativity and innovation
- Critical thinking and problem solving
- Collaboration and teamwork
- Communication, information, media and technology
- Knowing how to learn

Life and Career Characteristics

- Integrity
- Self-direction
- Global perspective
- Perseverance
- Work ethic
- Interpersonal skills

“7 Habits of Highly Effective Families”

(Handout)

- Habit 1: Be Proactive. Be an agent of change in your family.
- Habit 2: Begin with the End in Mind. Developing a Family Mission Statement
- Habit 3: Put First Things First. Making family a priority in a turbulent world.
- Habit 4: Think “Win-Win.” Moving from “Me” to “We.”
- Habit 5: Seek First to Understand... Then to be Understood. Solving family problems through empathic communication.
- Habit 6: Synergize. Building family unity through celebrating differences.
- Habit 7: Sharpen the Saw. Renewing the family spirit through traditions.

Habit 1: Be Proactive. Be an agent of change in your family.

- The 7 Habits framework deeply affirms that you are the creative force of your own life and that through your example and leadership you can become a creative force—an agent of change—in your family life.
 - No one has to be a victim. Even if you came from a dysfunctional family, you can choose to pass on a legacy of kindness and love.
- A PAUSE BUTTON
 - Between whatever happened to me and my response was a space where I have the freedom and power to *choose* my response.
- “I was in control. I could choose a better way!”

Make Deposits

- You can *choose* to make deposits instead of withdrawals. No matter what the situation, there are always things you can do that will make relationships better.
- Ways to make deposits:
 - Being kind: Using nice words, unexpected acts of service, giving compliments, hugs
 - Apologizing
 - Making and keeping promises
 - Forgiving

Listen to your language...

Is your language blaming, accusing, or reactive...

“I can’t believe the way these kids are behaving. They are driving me crazy!”

Or

“I can help create rules in our family that will enable the children to learn about the consequences of their behavior. I can look for opportunities to teach and reinforce positive behavior.”

Setting Goals



- Teaching children how to set goals and achieve them promotes responsibility, independence, accountability, and teaches them that with hard work you can bring rewards.
- You as a parent provide direction for your child and their goals, but you do not achieve the goal for them. They need to do it themselves.

Family Bonding Activity



1. Choosing to be PROACTIVE over REACTIVE
 1. Spend a minute considering what in your life is a reoccurring stressful situation that tends to spark reactive responses (ex: running late in the morning, siblings not sharing, messes, bedtime struggles).
 2. Create your family using the people cutouts
 1. Decorate
 2. Use the back to write a proactive response to the stressful situation for each member of the family
 3. Hole punch each hand and use the string to bond your family together
 4. Review how each family member will choose to behave to be proactive rather than reactive

Literacy Activity

1. Read *Alexander and the Terrible, Horrible, No Good Very Bad Day* with your child.
2. Ask questions along the way to get your child *thinking* about what is being read. This builds **comprehension**. (Use the questions provided to help)
3. Discuss how Alexander could have responded in a proactive way rather than a reactive way.

We hope to see you again in October at **SPS...**

- Tuesday, October 21: Blue Hall Montessori
- Wednesday October 22: Green Hall Montessori
- Thursday October 23: Blue and Green Hall Classical Classes
- Friday October 24: Spanish Speaking Families

2014-2015 SPS PALS

October 21-24

December 2-5

January 20-23

February 17-20

March 17-20

April 21-24