

Work First, Then Play

Big Rocks are the most important things for you to do, such as spending time with your family, planning family meals, and getting an education. **Little rocks** are the less important things for you to do, such as watching TV for long periods of time, playing video games, or aimlessly searching the Internet/social media.

“Things which matter most must never be at the mercy of things which matter least.”
—Johann Wolfgang von Goethe

STEPS

1. I spend my time on things that are most important.
2. I say no to things I know I should not do.
3. I set priorities, make a schedule, and follow my plan.
4. I am disciplined and organized.

COMMON LANGUAGE

Big Rocks
Traditions
First things first

HOW DO WE PUT FAMILY TIME FIRST?

- Develop a family mission statement.
- Schedule **one-on-one** bonding time.
- Have regular family meals.
- Plan regular family times.
- Build family traditions.

HOW CAN I HELP MY CHILD WITH THEIR BIG ROCKS?

Ask them what they feel are their most important jobs or responsibilities. Suggest they do the hardest part of their homework or chores first. Describe the word ‘procrastinate’ to your child. What is something they have been procrastinating?

RESOURCES

- Video: Search YouTube for *First Things First, Habit 3, Big Rocks*.
- *Froggy Gets Dressed* by Jonathan London
- *The Little Red Hen* by Paul Galdone
- *The Very Hungry Caterpillar* by Eric Carle

PLAN WEEKLY FAMILY TIMES

Family Activity: Keeping the family close with so many distractions can be tricky. Designating a specific time each week for family time will keep everyone on the same page.*

- Read a book together.
- Learn a new skill.
- Play a board game.
- Make a meal together.
- Visit a local attraction.
- Learn about and practice a habit.
- Discuss family matters (school, activities, etc.).
- Plan an important upcoming family tradition.
- Plan your week.
- Share talents.
- Eat together.
- Do a service project.
- Solve problems together.

What day and time of the week are you going to meet as a family?

*Put a reminder in your phone calendars and in a place in the home that can be seen by all.

Why is this a Big Rock for your family?

List three of your family's traditions:

- 1.
- 2.
- 3.

What is a tradition you would like to start?

Habit 3: Put First Things First®

Family Activity: Plan one-on-one time!

Family Member	Activity	Date/Time

Remember to celebrate your family's successes and victories practicing Habit 3!