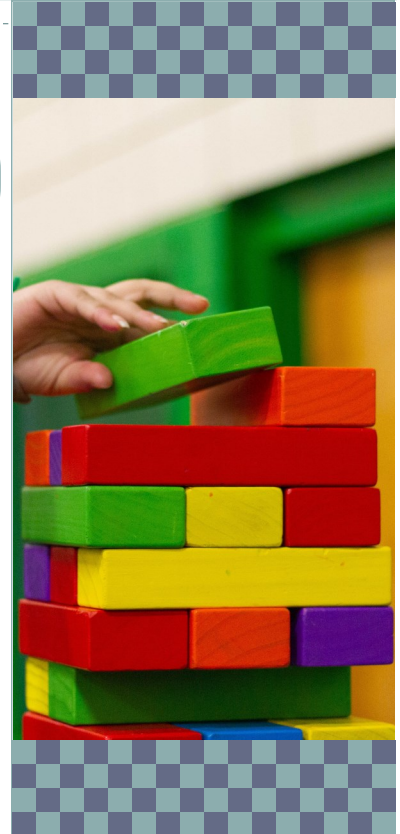


# Habits of Learning



## Prioritization

*What comes first, next, and last?*

Dear Parents and Teachers:

The Habits of Learning lessons are meant to be taught over a 5-day period. Lessons are scripted and require little preparation time. Notes to you, the teacher, are given in dark blue. The script is written in black. Before each lesson, gather or print any materials listed. Then, simply read the lesson aloud and follow the blue instructions.

During the Time Management lessons, setting overall life priorities was touched upon. If you have not done the Time Management lessons, you might consider doing the lessons of that unit before doing this set of lessons.

### DAY ONE: INTRODUCTION

Some things are more important to do than other things. For example, it is more important to get a good night's sleep than it is to watch your favorite movie. That is a priority. Prioritization is thinking about what is the most important thing and doing it first. Our mantra for Prioritization will help us remember how to figure out what to do first. This is very helpful when we get overwhelmed and worried. The mantra says: "What comes first, next, and last."

Can you say that with me? [Repeat mantra](#). Well done!

Last week in our Time Management lessons we started to learn a little bit about setting priorities. We learned about "big rocks, medium rocks, small rocks, and sand." Who remember what kind of things are "big rocks?" [Spiritual devotion, sleep, healthy food/drink, and exercise](#). How about "medium rocks?" [Work, education, and relationships](#).

#### MATERIALS BY DAY:

1. First, next, last game board.  
Cut-out game cards.
2. Piece of paper and something to write with.
3. Frog picture. Something to write and/or color with.
4. STING poem page. Something to color with.
5. Bible copy work page (religious). Picture book from the book list and writing paper (secular).

**“Most of us  
spend too much  
time on what is  
urgent and not  
enough time on  
what is  
important.”**

**- Stephen R. Covey**

## DAY ONE: CONTINUED

Good remembering. Now, who remembers what “small rocks” where? [Entertainment, hobbies, and recreation](#). Doing well! Now, the last one. What kind of things did the “sand” represent? [All the other stuff](#).

Nice review. But, here’s the problem. Once we have those priorities in place, what rock of the same size do we put in the jar first? That question can be confusing and overwhelming.

What comes first, next, and last? When we prioritize we put things in order of importance. Let’s play a game to practice. This game is called “first, next, and last.”

Here is our game board and cards. Cards in the game come in sets of three. You will pick a set and put them in order on the game board. Then we will flip it over and see if you got it right. If you got it right, you may keep your set of cards. If it is wrong, it will go back into the mix.

[Each card has a shape on the back. Matching shapes make up a set of three. Read the cards and have the children sort them in order of importance. Then, flip the cards over; if they are in the correct order the shapes will go from largest to smallest.](#)

Nice work! You are now experts on the mantra! Let’s say the mantra one more time! Well done!

*“Time doesn’t expand limitlessly. When I say yes to one thing, I must say no to something else.” - Crystal Paine*

### THE RULE OF THREE

The “Rule of Three” was taught by Chris Bailey in his book *The Productivity Project*. Simply stated it is the practice of limiting your daily to-do list to the top three most important tasks of the day.

It’s that simple.

This habit supercharges your productivity by giving you a laser-like focus on your top priorities. When you get those top three things done, your day is a win.

This is a smart approach that keeps you from overloading your to-do list. It also helps you become realistic about your time constraint, and focus on the most important tasks of the day.

Tasks that don’t make the top three fall to the side and are put on hold (or are trashed) until they rise to the importance of the top three.

## DAY TWO: THE RULE OF THREE

Welcome back to our study of Prioritization. Let’s repeat the mantra we learned about yesterday. [Repeat mantra](#). Good remembering.

Do you remember our game from yesterday? [Yes](#). How many cards were in each set? [Three](#). Right. I had a reason for that and it is what I want to teach you about today.

It is really easy to get overwhelmed, especially when you have a bunch of stuff to do. They can all seem important and you may really want to do them all.

Today I want to teach you a rule that can help solve that problem. It’s called the Rule of Three.

At the beginning of the day or when you are feeling overwhelmed write down a list of all the things you need to do. Circle the three most important things. Then put them in order (like we did yesterday) from most important to least important.

If you had more than three things on your list, don’t worry about the tasks that did not make the top three. Just save the rest for later. You never know, they might not matter later.

Just focus on your top three.

Let’s practice this together. Outside of “big rock” stuff like eating, sleeping, grooming, devotions, and exercise, let’s list all the stuff we have going on during our day. [Make a list together of the activities, responsibilities, jobs, and hobbies going on in your family/class/self. You might want to each student to do their own as these items might look different for each person.](#)

Great list. Now let’s circle the three most important things on this list. [Circle items, guide as needed. Some students will not want to circle not preferred tasks even if they are very important. Don’t power struggle over this. Tomorrow’s lesson will address this issue.](#)

Now, what order should your top three go in? What comes first, next, and last? Nice work. You now have your “top three” and are ready to start your day with laser like focus.



*"Eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day."*  
- Mark Twain

## DAY THREE: FROG

I am so proud of the learning we have done together as we have studied Prioritization. Let's say the mantra together: "What comes first, next, and last."

Nice work. Yesterday we practiced making a list of tasks that needed to be done. We then circled our three most important tasks and put them in order of first, next, and last.

Sometimes, it is really hard to prioritize things that we really don't want to do. But, as my Dad always said, "sometimes we have to do thing we don't want to do!"

So people call doing the things we don't want to do "Eating The Frog." Is that silly? [Yes...laugh about this a little.](#)

This phrase comes from a great author named Mark Twain. He said, "Eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day."

Any idea what this means? [Listen to answers. Help guide the group to the understanding that it is best to get the hardest thing done first.](#)

Excellent discussion. You have such smart ideas!

I have a paper here with a big, old frog on it. I will give each of you one and I want you to write (or draw) some examples of things you know are really important to do but that you really don't want to do. [Write for and encourage children as needed.](#)

Nice work. Let's post these here to remind us to eat our frog first! When we do this we will feel less stress, more peace, and have added happiness. Let's wrap up and say our mantra one more time. [Repeat mantra.](#)

Great work. I can't wait to see what tomorrow's lesson brings.

[\(If anyone needs to re-order or revise their list from yesterday based on the "frog" concept, now would be a good time to do so.\)](#)

## EAT THAT FROG

Self-help expert Brain Tracy uses the metaphor of eating a frog (see Mark Twain quote to the side) for an effective prioritization strategy.

The principal is simple: do the hardest thing first when you don't want to do it.

Often we get stuck procrastinating a task that REALLY needs to be done but that we REALLY don't want to do.

Other times we get wrapped up in the small, nagging tasks of life and never get to the really big important tasks. We get stuck in the daily twaddle of life.

Both procrastinating tasks and twaddle tasks leave us helplessly treading water in life instead of swimming forward toward our goals.

The moral: Eat The Frog.

Set the twaddle aside. Get the hardest task done first then move on to the rest.

The result: less stress, deeper peace, more accomplished, and added happiness.

## S.T.I.N.G

STING is an acronym from the book *The Procrastinating Child: A Handbook for Adults to Help Children Stop Putting Things Off* by Rita Emmett.

Procrastination can become a bad habit for many reasons. Sometimes we feel overwhelmed or nervous. Other times we might struggle with paralyzing perfectionism that causes us to fear failure, getting mentally stuck. Even a low self-esteem can cripple our ability to get started.

Whatever the reason, the STING acronym is a process that can help us get started and move on from the paralyzing effects of procrastination.

**S**elect one task you've been putting off.

**T**ime yourself, give yourself a reasonable time limit for the task. Set a timer.

**I**gnore everything around you. Turn off the TV, put away your phone, set aside your toys.

**N**o breaks. Stay focused on the task until your time limit is up or you complete your task.

**G**ive yourself a reward once the task is complete.

That's it. Five simple steps to take the STING out of procrastination!

## DAY FOUR: PROCRASTINATION

We have been working on learning all about Prioritization. Who remembers the mantra? [Say mantra](#).

Well done. Today we are going to learn about another "P" word. It is the opposite of Prioritization, it is procrastination.

Procrastination is when we put off doing something we don't want to do. It is the opposite of "eating the frog."

There are lots of reasons we procrastinate. Sometimes we feel overwhelmed, nervous, or fearful.

Whatever the reason, procrastination can become a bad habit. We want good habits in our life, so I am going to share a way to overcome procrastination.

It all starts with spelling the word STING! S-T-I-N-G. Let's learn to take the sting out of procrastination!

[Get out the "sting" poem.](#)

In this poem each letter of the word "STING" stands for a step in the anti-

procrastination process.

S stands for select one task. This is the task you have been putting off. The T stands for time yourself. Give yourself a time limit for how long you will work on the task.

I stands for ignore. You will need to ignore other distractions. Put down the toys, turn off the TV, and put the phone away!

N stands for no breaks. You don't get to take any breaks until your time limit is over. Be honest with yourself, you can work hard for the time limit you set!

Finally, G stands for give yourself a reward. Before you start, set aside a reward to look forward to. For example, when I finish my chores I will go outside and ride my bike.

And that's it! S-T-I-N-G takes the sting out of procrastination! If you like, go ahead and decorate your STING posters so we can hang them up and remember our lesson.

S.T.I.N.G.

## DAY FIVE: SCRIPTURE LESSON

Today is the last day of our study of Prioritization. Let's remember our mantra. Say it with me. [Say mantra](#).

Excellent. We have learned so much this week. We have learned how to pick our three most important things to do each day and put them in order. We know how the "eat the frog" or get the hardest thing done first. We even know what to do to when we get stuck in the procrastination rut! We just "STING" our way out! [As you review these items, point to the visuals you have made and posted throughout the week.](#)

Our final lesson today will be a reminder that God will help us with prioritization. Remember the jar and the rocks? [Yes? Review if needed.](#) When we put God first in our life, He will help us get all the other important things done!

Let's look at a scripture. This is from Luke 12:31 "But rather seek ye the kingdom of God; and all these things shall be added unto you."



## DAY FIVE: CONTINUED

What are some ways that we can seek the kingdom of God first? [Listen and guide this discussion according to the values and religious teachings of your faith in your home. List the ways you seek the kingdom of God first on a paper or board.](#)

Excellent discussion. On these copywork papers, please write the scripture in your best handwriting. Make sure you use all the correct punctuation and spacing. Then, at the top, illustrate some of the ways you can seek the kingdom of God first.

[Give the students time to complete this activity.](#)

Very nice work. I will hang these up to remind us of our lessons. Let's say our mantra together one more time! [Repeat manta.](#)

Thank you so much for doing these lessons with me. You are developing great Habits of Learning.

Alternative non-religious lesson: If you are teaching in a secular setting, choose a picture book from the book list. I highly recommend *Seraphina Does Everything* by Melissa Gratias. Read the first two paragraphs of the given lesson and then introduce the book you will share and then read the book aloud.

For example: "Seraphina is doing everything because she is afraid of missing out on something fun. Let's read the story and see what happens." (read the story) Then say, "I love that book, especially the last page where it says: 'I know that I AM everything. I get to choose each door. I'm filled with possibility! And right now, I don't need more.' For an activity let's copy down those lines in our best handwriting, then draw a picture of yourself doing what you love most."

Then finish the lesson by reading the last two given paragraphs.

---

*"Do not let the endless succession of small things crowd great ideals out of sight and out of mind."*

- Charlotte Mason

---

## EXPLORATION ACTIVITIES

- ⇒ Copywork pages
- ⇒ Quote memorization (or complete as copywork)
- ⇒ Scripture memorization (or complete as copywork)
- ⇒ Create a book using the included poems (or memorize the poem)
- ⇒ Read and then narrate from one of the books on the reading list

Detailed instructions and needed worksheets for each exploration activity are given in the resource packet.

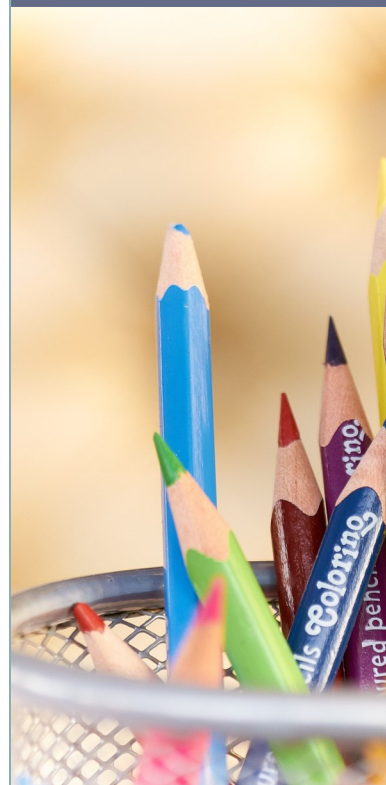
### *Seraphina Does Everything*

This is a brand new book with a heart-felt message and delightful artwork. Although harder to find, it is worth buying a copy for your home library. Here is the teaser from the back of the book:

**Seraphina wants to do it all.**

And she does! From soccer to ballet to French club, her schedule is jam-packed. There are so many options and doors to walk through in life, and Seraphina doesn't want to miss a thing!

So, if Seraphina is doing all the things she wants to do, why does she feel so blue? With help from her dad, Seraphina discovers that in trying to do everything, she is missing out on her favorite things.



## A ONE-ROOM SCHOOLHOUSE

The Habits of Learning © program was inspired by the formation of *A One-Room Schoolhouse: A Hybrid Homeschool Academy*. As the Schoolhouse program took shape, the founder, Genevieve Peterson, knew the program needed a proactive habit training curriculum to help shape her children and those that would join them. Her desire to instill fundamental, lifelong learning habits with simple, daily instruction and practice inspired The Habits of Learning © program.

Follow our journey on Facebook & Instagram @aoneroomschool

Genevieve blogs weekly at [www.aoneroomschoolhouse.com](http://www.aoneroomschoolhouse.com)

A One-Room Schoolhouse  
A Hybrid Homeschool Academy

*Building Faith, Knowledge and Character*

[www.aoneroomschoolhouse.com](http://www.aoneroomschoolhouse.com)

E-mail:  
[info@aoneroomschoolhouse.com](mailto:info@aoneroomschoolhouse.com)



A One-Room  
Schoolhouse

*Building faith, knowledge, and character*

# HABITS OF LEARNING ©

Education is more than reading, writing, and arithmetic. Although a basic understanding of curricular objectives is important, it is also imperative to develop the lifelong habits needed to learn. In order to continue education beyond the classroom habits of learning must be developed and maintained.

This curriculum has two parts: direct, scripted lessons of ten Habits of Learning to be used in the home or classroom and a progress monitoring grid of these ten habits. The lessons are “open-and-go” with little preparation and few materials. They are designed for ease of use with high efficacy in implementation. The lessons can be taught over a ten-week period, but are designed to be repeated as often as needed. A nondenominational, Christian view is intertwined throughout the lessons. All scripture references are taken from the King James Version of the Bible. Lessons and activities are designed to be used in a multi-age classroom setting but can also be done one-on-one.

The progress monitoring grid is used to help students and teachers/parents reflect on the child’s habits of learning. Stages of habit development are given with specific criteria to monitor growth. Students first learn, then explore the habit. Then after practicing the habit, move on to become motivated in that area of growth. Finally, the student moves to mastery of the habit. Once mastery has been accomplished, the student is encouraged to become a mentor to others to promote mastery in all students.

This program of personal development is based on the most current research in behavior intervention, historical wisdom of great educators, and years of practical experience in both the educational and therapeutic settings of the author. Specifically, Positive Behavior Intervention and Support (PBIS) heavily influenced this work as it provides a process to understand and develop positive behavior in students that is based on both values and empirical research. Both the model of classical education and the work of Charlotte Mason are melded together when considering teaching methods and behavioral development. Finally, the author’s years of professional experience as a school physiologist, education director, and special education teacher honed this curriculum.

### Terms of Use

This download includes all lessons and resources related to the Habit of Learning curriculum.

The contents of this download are copyright of Genevieve Peterson. This download is for personal use only. You may not copy, distribute, reproduce, alter, modify, or publicly display content from this download, except for personal, noncommercial use.

You may not sell, alter or host any of my files from my website [www.aoneroomschoolhouse.com](http://www.aoneroomschoolhouse.com). If you would like to share my files, please provide a link to my website.

If you have any questions, please email [info@aoneroomschoolhouse.com](mailto:info@aoneroomschoolhouse.com)