

January Building Blocks: Alertness and Action



*My ears are as tall as telephone poles.
My nose is like a button with holes.
I listen and look and sniff around.
I stay **ALERT** to sight and sounds.
And one more thing that I should mention,
ALERTNESS means you pay attention
To all the things that others share.
You'll learn so much if you're aware.
I scurry 'round and 'round each day.*



*Taking **ACTION** is my way.
I get up and go and give it my all.
When **ACTION'S** needed, I never stall.
And when I look for lunch to eat.
I'm not afraid to risk defeat.
Don't fear failure. Try your best.
Take some **ACTION** for **SUCCESS**.*

*(Excerpts taken from the book,
Inch & Miles: The Journey to Success)*

Being Alert to Your Opportunity

Coach Wooden taught that success doesn't come to people who just wait for it—we have to actively work hard to reach our goals every day. And, if we work for those goals, we will move closer to what it is that we want to achieve.

This month, your child is learning how being **active** and **alert** will help him or her become successful. Coach Wooden stressed that we must work for our goals, whether they be to become a great basketball player or to do well on a math quiz, every day. By practicing continuously, anything can be done. Coach Wooden said that a person may not make great improvement in one day, but over time, great advances can be made. And, if a person isn't actively moving forward, an opportunity to reach his or her full potential is lost. Therefore, it is important to teach our children not to give up if they don't immediately get the results they want. Becoming great at anything takes time. **By being active and alert to your child's opportunity to reach his or her full potential, your child's own personal form of greatness will surely come!**



Dealing with Failure:

Sometimes our children work hard to reach their goals, yet still experience failure. This can be very disheartening for a child who is trying so hard; therefore it's important for him or her to see that failure is a part of life—and an important one, at that!

Coach Wooden says, *“If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes.”* In life, we try many things; some things work well, others don't. The important thing is that we learn from the mistakes that we do make.

Help your child deal with mistakes and work through them in the following ways:

- **Talk about what happened.** Explain that everyone makes mistakes or fails at something in his or her life. Share a personal story of failure with your child.
- **Teach your child how to learn from his or her mistakes.** If your child did poorly on a test, examine the questions he or she got wrong, and search for the correct answers together.

- **Offer support and encouragement.** Your child may feel devastated by what has happened. Smiling, a hug, or a few kind words may help your child feel better.

A journey is really just a lot of small steps. Start by taking these steps with your family:

1. Help your child increase alertness when doing homework by following a homework schedule. Find the time that your child feels most alert and have him or her complete homework at the same time each day.
2. Check your child's agenda. It is a way to make sure that he or she is actively taking care of homework and assignments.
3. Encourage your child to make informed decisions. Have him or her try to consider the consequences (positive and negative) before making a final decision.

Source: Premier, a member of the School Specialty Family