

## Hand Signs for The 7 Habits

Each habit has a signing activity. This accomplishes two things:

1. The children have an opportunity to move—great for kinesthetic learners.
2. It helps all children remember the names of the 7 Habits.

### **Habit 1: Be Proactive®**

Place your thumb to your chest.

### **Habit 2: Begin With the End in Mind®**

Begin (point to your feet) With the End (both hands point to the sky) in Mind (point to your head).

### **Habit 3: Put First Things First®**

Hold up your index finger each time you say the word “first.”

### **Habit 4: Think Win-Win®**

Think (point to your head) Win (hand out, palm open) Win (other hand out, palm open).

### **Habit 5: Seek First to Understand, Then to Be Understood®**

Place your hand over your brow like you're looking over the horizon, then cup both hands behind your ears.

### **Habit 6: Synergize®**

Put your hand out toward the opposite forearm and grab your forearm. Then shake your arms up and down like a “mixer.”

### **Habit 7: Sharpen the Saw®**

Pretend you are sawing a tree.