









Key Card Reference Tool

Below is the language your child hears at **Sleepy Hollow Elementary**. By using the guide below, please help link the language heard at school to your home. Thank you.

Detailed information about the keys to success can be found on the back of this page.

 <p>Are you showing integrity right now? Are you being true to yourself?</p>	 <p>Don't give up; don't ever give up. Are you remembering that failure leads to success?</p>
 <p>Are you speaking with good purpose? Are you telling the truth and using only nice words?</p>	 <p>Are you making the most of this moment? Are you focused on what you are doing?</p>
 <p>Do you remember your goals? Are you acting in a way to better achieve your goals?</p>	 <p>Are you taking ownership for your actions? Are you taking responsibility for the choices you made?</p>
 <p>Are you showing flexibility right now? Are you remembering that sometimes plans have to change?</p>	 <p>Are you remembering what is important in life? Are you choosing your time wisely right now?</p>



INTEGRITY – Match behavior with values.

Demonstrate your positive personal values in all you do and say. Be sincere and real.

Body Motion: Hands together over head

Student Prompts: I do what’s right—even when no one’s looking.

Parent Prompts: Are you showing integrity right now? Are you being true to yourself?



FAILURE LEADS TO SUCCESS – Learn from mistakes.

View failures as feedback that provides you with the information you need to learn, grow, and succeed.

Body Motion: Touch nose (sweet smell of success)

Student Prompts: I learn from my mistakes and try again.

Parent Prompts: Don’t give up; don’t ever give up. Are you remembering that failure leads to success?



SPEAK WITH GOOD PURPOSE – Speak honestly and kindly.

Think before you speak. Make sure your intention is positive and your words are sincere.

Body Motion: Hand “talking” next to mouth

Student Prompts: I think before I speak and choose kind words.

Parent Prompts: Are you speaking with good purpose? Are you telling the truth and using only nice words?



THIS IS IT – Make the most of every moment.

Focus your attention on the present moment. Keep a positive attitude.

Body Motion: Hand under chin, index finger holding chin up (for a positive attitude)

Student Prompts: I keep a happy attitude no matter what I’m doing.

Parent Prompts: Are you making the most of this moment? Are you focused on what you are doing?



COMMITMENT – Make your dreams happen.

Take positive action. Follow your vision without wavering.

Body Motion: Arm in “showing muscles” position (“C” shape)

Student Prompts: I do my best to reach my goals—I don’t give up.

Parent Prompts: Do you remember your goals? Are you acting in a way to better achieve your goal?



OWNERSHIP – Take responsibility for actions.

Be responsible for your thoughts, feelings, words, and actions. “Own” the choices you make and the results that follow.

Body Motion: Left hand on right hip, right hand on left hip

Student Prompts: I don’t blame others or make excuses for things I do or say.

Parent Prompts: Are you taking ownership for your actions? Are you taking responsibility for the choices you made?



FLEXIBILITY – Be willing to do things differently.

Recognize what’s not working and be willing to change what you’re doing to achieve your goal.

Body Motion: Bend knees a few times

Student Prompts: I recognize that not everything works as planned—I am willing to try something different.

Parent Prompts: Are you showing flexibility right now? Are you remembering that sometimes plans have to change.



BALANCE – Live your best life.

Be mindful of self and others while focusing on what’s meaningful and important in your life. Inner happiness and fulfillment come when your mind, body, and emotions are nurtured by the choices

Body Motion: Pick up one foot slightly with hands out at sides.

Student Prompts: I do things that give me a smart brain, a healthy body, and a happy heart.

Parent Prompts: Are you remembering what is important in life? Are you choosing your time wisely right now?