



Weekly SEL skill:

Initiative

Initiative is the awareness, energy, and drive needed to get something started. Having initiative demonstrates your ability to assess a situation, see what action is needed, and then get to work! Initiative is what links having a thought to acting on that thought. Sometimes the first step is the most difficult, but taking initiative helps propel life forward in purposeful directions.

People with strong initiative will often take advantage of opportunities that others may pass by, which opens up doors and helps them succeed. Initiative directs our attention toward a challenging goal and helps us overcome obstacles. Taking initiative demonstrates a commitment to having a growth mindset and being proactive.

Help your students to improve

Here are some activities you can do with your student(s) to help them work on improving their initiative.

- When you see litter, pick it up! Commit to one full day of picking up every piece of trash you see.
- Don't wait until someone reminds you to do your chores or complete your responsibilities. If you know you need to make your bed, do it without being asked. Practice anticipating problems, and getting ahead of them by solving them before they happen.
- Make a vision board with your students. This can help them take the initiative to visualize their goal and dreams!