



Building Super Powers with Play, Practice and Purpose

Dr. Cheryl Peterson

SUPER HABITS

Building Super Powers with Play, Practice and Purpose

Dr. Cheryl Peterson

ISBN: 978-1-7377630-1-7

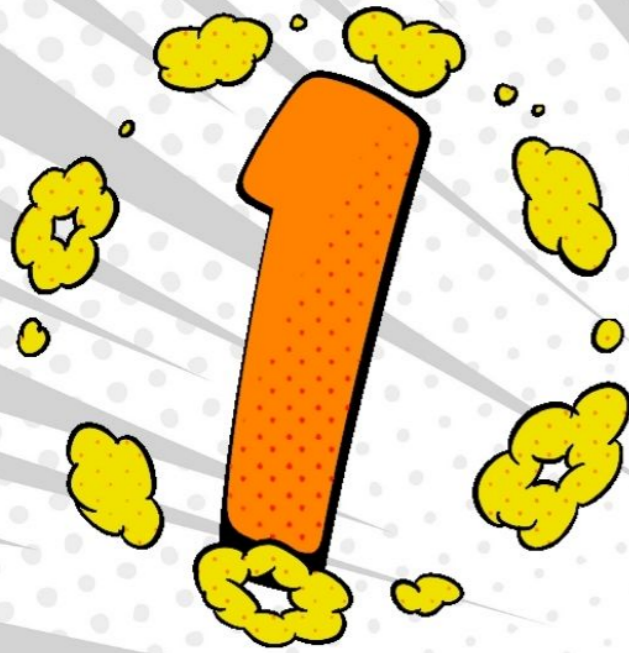
©2021 Dr. Cheryl Peterson



*Dedicated to some
Super Kids!
Go BOLTS!*

In 2020, when school shifted to remote e-learning as a result of the COVID-19 pandemic, I began looking for ways to help some of my friends' kids adjust. I decided to put a super hero twist on some of the Habits of Mind. Over the next 4 weeks, 4 boys met with me on Zoom and we had a blast. This book grew out of that experience. It is filled with some of my favorite activities for supporting habits. I believe every student has super powers and can use play, practice and purpose to develop the super habits they need to unleash those powers. I hope families, teachers and students will use this book to start their learning about scholarly habits and add their own creative ideas. I would love to hear your stories! Find me at www.drcherylpeterson.com.

Cheryl Peterson



HOM?

Learn about
Habits of
Mind.



SUPER HABITS

Discover your super powers
and create Super Habits with
play, practice and purpose.



@ HOME

Things to do with
habits at home.



What are Habits of Mind?

Art Costa and Bena Kallick identified 16 Habits of Mind used by people to successfully face challenges. Decades of research and many resources are available on their website, The Institute for Habits of Mind, to support teachers and families in teaching these habits. A complete description of these habits and a downloadable poster of the 16 Habits of Mind are available at *What are habits of mind?* Institute for Habits of Mind. (n.d.). <https://www.habitsofmindinstitute.org/what-are-habits-of-mind/>. Videos and teaching resources are also available at <https://habitsofmindkids.com>

Here are other resources for learning about HOM:

- Anderson, J. (2020, September 21). Habits of Mind. <https://habitsofmind.org/>.
- Costa, A. L., & Kallick, B. (2018). Learning and leading with habits of mind: 16 essential characteristics for success. Association for Supervision and Curriculum Development.

Costa and Kallick developed many resources to help people learn about Habits of Mind. It's a good idea to try to use some of their tools and language as you are learning about these habits. You can also have a little fun with it. This book makes each of the Habits of Mind a Super Habit by using a little fun and creativity, like this:

Habits of Mind	Super Habits
Persisting	POW - Persisting on Work
Managing impulsivity	ZAP - Zen and Peace
Listening with understanding and empathy	BLAH - Better to Listen and Help
Thinking flexibly	BOOM - Be Open to Other Methods
Thinking about your thinking	BAM - Brains Are Mighty
Striving for accuracy	POP - Perfect on Purpose
Questioning and problem posing	KAPOW - Keep Addressing Problems. Openly Wonder
Applying past knowledge to new situations	OOPS - Opportunity Opens from Past Situations
Thinking and communicating with clarity and precision	WOW - Words Often Work
Gather data through all senses	SNAP - Senses Need All Power
Creating, imagining, and innovating	CRASH - Create Really Awesome Stuff Habit
Responding with wonderment and awe	AWE - Always Wonder about Everything
Taking responsible risks	YAY - Yet and Yes
Finding humor	LOL - Laugh Out Loud
Thinking interdependently	SPLAT - Strong People Learn As a Team
Remaining open to continuous learning	BANG - Be Alert for New Growth



SUPER HABITS

Super powers come from super habits.

You have super powers. While you might not be able to leap tall buildings in a single bound, you are capable of some pretty amazing things. You have strengths and abilities just waiting to be unleashed. It starts with habits. This book will teach you SUPER HABITS using three steps: play, practice and purpose.

- Learning always starts with PLAY. Just like super heroes play with their powers to figure them out, you can play to learn habits.
- PRACTICE is an important part of learning. Super heroes improve their powers by working on them and you can too!
- Knowing how to do something is important, but you also need to understand why it works so you can get the most out of it. Learn the PURPOSE of super habits to unleash their power.

PLAY

- HAVE FUN!
- GAMES & ACTIVITIES
- VIDEOS
- BOOKS

PRACTICE

- POSES
- CHATS
- TOOLS & TRICKS
- CELEBRATIONS
- VISUALS

SUPER HABITS

PURPOSE

- IMPROVE ABILITY TO BEHAVE INTELLIGENTLY
- INCREASED SKILL AND CONFIDENCE
- CREATE POSITIVE AUTOMATIC RESPONSES



@ HOME

Growing super habits at home.

Building your super powers with Super Habits is easy. Start with these simple steps:

1. Choose 1 habit to start. You might want all of them, but it's best to start by focusing on just one and then add more later.
2. Make learning about it fun. Hang up posters or make trading cards. Create your own fun slogans or actions to go with the habit. Watch videos or read about the habit. **PLAY** with it!
3. **PRACTICE** the habit. Find ways to put it into your daily routines. Figure out things you can do to make it work better for you. Extend your learning about the habit by using the ideas in this book and the many resources created by Costa and Kallick.
4. Discover the **PURPOSE** for the habit. Talk about it and share times you have used it or needed it. Share stories. Catch people using the habit. Celebrate when you use it in real life!



Persisting on Work

PURPOSE

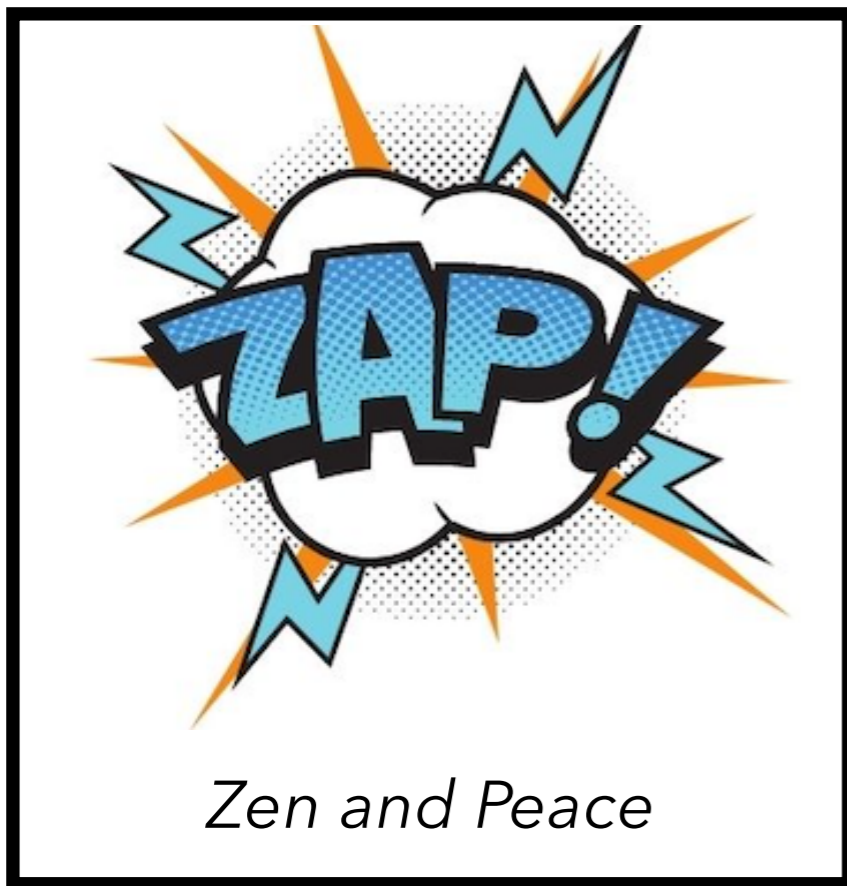
Persisting is when you stick with a task even when it gets difficult. It's a great super power to have when you are doing homework or taking a test. It can also help with work that takes time and patience to complete.

PLAY

One of the first times you used POW was when you learned to walk. You probably took a step, fell down and tried again over and over. You persisted on work. Most of the time you laughed and giggled. It was fun. Now that you are older, playing games like chess, Ticket to Ride, frisbee and golf take persistence and can help you work your POW muscles. Try reading books like What Do You Do with a Problem? By Kobi Yamada for inspiration.

PRACTICE

Did you know that the way you hold your body can help change the way you think? Power poses like the Superman pose can actually make you feel stronger and stick with challenging tasks. To do the Superman pose, put your hands on your hips and put your chest out like Superman. When you feel like giving up, just say POW, strike your POW pose and try to stick with it a little more. Every time you stick with things you get a little better at persisting and that is one amazing super power.



PURPOSE

Sometimes it's easy to just react to things. Zen and Peace is a super power that helps you manage your impulsivity and slow down and think. Feeling out of control, breathe and use your ZAP powers

PLAY

Don't you just love bubbles? If they were blowing all around you, you would probably want to pop them. That's impulsivity. If you could sit still and not reach out to pop any bubbles you would be using ZAP. Try it. If you're having trouble, try to focus on your breath. Your breath is a super power. A great book about it is [My Magic Breath: Finding Calm Through Mindful Breathing](#) by Nick Ortner.

PRACTICE

The Yale Center for Emotional Intelligence has created a systematic approach to social emotional learning called RULER. Using this approach you **R**ecognize your emotion, **U**nderstand it, **L**abel it, **E**xpress your emotion in healthy ways and **R**egulate your emotions. You can find out more at <https://www.ycei.org>. One of the tools they suggest is making a family charter. You can read about it [here](#) and start using it to help your family have more ZEN. <https://www.marcbrackett.com/emotions-at-home-how-do-we-want-to-feel/#:~:text=We%20call%20it%20the%20Emotional%20>



Better to Listen & Help

PURPOSE

When someone is talking do you think blah, blah, blah or do you really stop to listen and care. Use your super powers to stop and listen. Try to understand and have empathy.

PLAY

Have you ever heard of the telephone game? One person thinks of a saying like, "Two tiny toads ate fat flying flies," and says it to the person next to them. That person says it to the next person and it continues until the last person. The last person says out loud what they heard. It's usually a lot different than it started and funny. This game is a great way to illustrate listening skills. A similar board game is Telestrations.

PRACTICE

Being a good listener takes practice. People often spend most conversations thinking about what they want to say instead of really listening with empathy and understanding. Next time you find yourself not really listening, remember blah and shift what you are doing. Look at the speaker. Listen to what they are saying and try to say it back in your own words. That's called paraphrasing. Ask questions. Show empathy by really caring about what they are saying and trying to understand it. Sometimes listening is the best way to help someone.

PURPOSE

There's more than one way to do things. When you feel stuck, think BOOM! Use your super powers to think flexibly and be open to other methods or ideas.



*Be Open to
Other Methods*

PRACTICE

Read The Dot by Peter Reynolds. It's a great book about thinking flexibly. After you read it, try making your own DOT masterpiece. You might want to join the International Dot Day and find out how kids all over the world are making their mark. <https://www.internationaldotday.org> . It's easy to get stuck always doing things the same way even if it's not working. Keep watching for opportunities to use BOOM!

PLAY

Have you or your family ever been stuck in traffic? Sometimes all you can do is sit there and other times you might take a different route. Rush Hour is a super fun, flexible thinking game where you move your car in different ways to get unstuck. Feeling stuck can feel frustrating. One thing you can do to get unstuck and have a little fun is just say, "BOOM!" and try something different. It might not work, but at least you'll get unstuck and start having fun.

PURPOSE

Your brain is your best super power. When you learn how it works and think about your thinking you might discover all kinds of things you can do.



Brains Are Mighty

PRACTICE

If you wanted to grow stronger muscles, you could lift weights or do some sort of exercise. If your weights were too light or the exercises too easy, you wouldn't get much stronger. The same thing is true with your brain. A man named Ian Byrdseed came up with a saying about this. ***You only get stronger when it's difficult!*** If you want to get a stronger brain, keep looking for and working at things that are a little bit difficult. If you need a little inspiration, you can download these posters. <https://www.byrdseed.com/stronger-when-difficult/>

PLAY

Brains are amazing! The more we understand how it works, the better we are able to use it and make it work for us. The more you use your brain, the better it seems to work. Your Fantastic Elastic Brain: Stretch It, Shape It by JoAnn Deak is a great book to start learning about the brain. Games are a fun way to work it. Try games like Mastermind, Connect Four, Puzzles and Brain Teasers to really grow your brain muscles.



Perfect On Purpose

PURPOSE

Do you check your work and make sure it's the best you can do? Try using POP!

Purposefully look at your work and try to make it better. It doesn't have to be perfect but you can always improve it.

PLAY

Sometimes you might just want to get something done. With some things that might be ok, but usually things work out better if you try to do your best. This is a fun habit to learn about from the experiences of other people. Try to find out what jobs or task require precision, like watchmaking. Discover sayings that POP! like *measure twice, cut once*. Try playing Sudoku to learn about accuracy.

PRACTICE

How many times have you heard the expression, *check your work*? Probably a lot, but how often do you really do it. Checking your work can be hard because you probably don't like to find things wrong with your own work. There are some things you can do. After you finish something you can put it aside and check it over later. Sometimes when you give something some distance and then take a second look, it's easier to see mistakes. Another thing you can do is get someone else to look at your work. As the saying goes, *two eyes are better than one*.



*Keep Addressing
Problems.
Openly Wonder*

PURPOSE

Noticing problems and asking questions are super habits that can help you make the world better. Look at data and ask questions.

PRACTICE

Learning to ask questions is a skill. The Question Formulation Technique (QFT) is a method that can help. Using this technique you start with a question focus. Then you produce questions following a few rules:

1. Ask as many questions as you can
2. Do not stop to judge, discuss or answer
3. Record exactly as stated
4. Change statements into questions

Learn more steps and techniques at <https://rightquestion.org/what-is-the-qft/>

PLAY

In the game Jeopardy you are given answers and need to think of the question. The Mystery Box activity is similar. Start by doing some research about a topic. Let's say for example, cats. Put the word cat and a picture inside a box. On the outside write a bunch of questions about cats, but don't give the answer away. Like, "what mammal was thought to guard pyramids?" Share or trade mystery boxes with someone else.



*Opportunity Opens
from
Past Situations*

PURPOSE

Mistakes are just opportunities to learn. When you make a mistake just say, "OOPS!" and use what you've learned to do better on other things.

PRACTICE

Learning from past situations takes what is called a growth mindset. It means realizing that you can learn from mistakes and grow. There are some simple ways to practice this skill. You can start a problem book. Keep a list of problems and how you overcame them. You can also start to celebrate mistakes. Rather than always celebrating successes, start to celebrate what you are learning from past experiences and even mistakes. Have an OOPS! party.

PLAY

Did you know that Thomas Edison made 10,000 attempts before he created the lightbulb? He didn't see these attempts as failures but as opportunities to learn. One way to play with this habit is to make OOPS! a positive part of your vocabulary. When you make a mistake, don't get upset just say OOPS! and learn. Check out these books: [Beautiful Oops!](#) by Barney Saltzberg and [Mistakes That Worked: 40 Familiar Inventions and How They Came to Be](#) by Charlotte Foltz Jones



Words Often Work

PURPOSE

Words have power. Try to use the best words and strive for accurate communication. You can use it when you write or when you speak. It helps others understand what you mean.

PRACTICE

Some people say your words and what you write shows your thinking. If you use fuzzy words it may be because your thinking is fuzzy too. Support what you say with explanations, comparisons, data and evidence instead of making generalizations like, "everybody does it" or deletions such as "this cereal is better" (better than what?). Use WOW to remind yourself to think about what you are going to say before you say it and to slow down when you are emotional. Listen to others and choose your own words carefully.

PLAY

A key to thinking and communicating is to build your vocabulary. The easiest way to do this is to read a lot. As you read, watch for new words and try to use them yourself. Donovan's Word Jar by Monalisa DeGross is a fun story about a boy who collects words. You might want to start your own Word Jar. Vocabulary games can also help your communication skills. Just One and BLURT are fun games to play with a group to build your word super powers and help you communicate more clearly.



Senses Need All Power

PURPOSE

You have many different ways to take in information. You are more powerful when you use all your senses; taste, touch, smell, hearing and sight. Pay attention to the world and use your senses.

PLAY

Your senses let you collect information about the world in different ways. You have 5 senses: taste, smell, hearing, sight and touch. A great way to activate almost all of these senses is a SNAP walk. Go outside. Focus on smell. What do you smell? SNAP your fingers and switch to another sense. How about hearing? What do you hear? SNAP! What do you see? Every time you SNAP your fingers focus on a different sense. Be careful with touch and taste. There are some things in nature that are not safe to touch or taste. Make sure you know what is safe.

PRACTICE

There are many ways to practice using your senses. One is to create a nature journal. When you are outside use your senses to make observations and record them in a notebook.

Cooking is another great way to use your senses and it's usually safe to taste and touch too! Help your family make a meal and use all of your senses. Maybe even take pictures and make a 5 senses recipe book to share. Popcorn is an easy thing to make that really uses all your senses!



*Create Really
Awesome Stuff Habit*

PURPOSE

Being able to create new things is a great super power. When you use this habit, try to come up with many, varied and unusual ideas. Creativity helps you do things differently and have fun too.

PLAY

Sometimes it's so easy to buy things that we forget what it is like to create things from what we already have. Fairy houses are a great way to be creative with things you find in nature. A fairy house is simply a small structure made from items found in nature and hidden in the woods or in gardens. For inspiration, read the book [The Fairy House Trilogy](#) by Tracy Kane and check out the website <https://fairyhouses.com>. Then go out in nature and see what you can create. Remember to be safe with what you touch and try not to disturb nature.

PRACTICE

Have you ever made something out of an old cardboard box? In 2012 a filmmaker met a 9 year old entrepreneur, Cain, who had built his own arcade out of cardboard. This story captured the hearts of millions and became a movement. You can watch the Cain's Arcade film, find out about the cardboard challenge, and see other amazing projects here: <https://imagination.org>. Let your own imagination go crazy and create something! With the CRASH habit you'll soon be creating really awesome stuff.



*Always Wonder about
Everything*

PURPOSE

Finding the extraordinary in the ordinary can make the world an exciting place. Have fun uncovering all the mysteries and beauty in the world.

PRACTICE

- I**dentify a topic you want to learn about
- D**evelop questions about the topic
- E**xplore answers and make connections
- A**nnounce your findings to an audience
- S**elf-reflect on what you learned about the topic and the process.

PLAY

When you were young, you probably asked, "Why? Why? Why?" quite frequently. You were using the AWE habit. You noticed everything and you asked questions. This is a reaction you can encourage, especially with play. Keep your childlike qualities and respond to everything with wonderment and awe. Need help sparking your curiosity, check-out Wonderopolis for some awe inspiring facts and questions. <https://www.wonderopolis.org>. The book, What Do You Do with an IDEA? by Kobi Yamada is an AWE inspiring book to read.

What do you do with an idea? You can find out using the IDEAS process. You can get a free ebook to guide you here: <https://books.apple.com/us/book/ideas/id1580840121> Here are the steps:



YET and YES

PURPOSE

There might be something you can't do YET, but if you say YES to trying and practice you might be able to someday. Be adventurous and try new things constantly. Grow by taking responsible risks.

PLAY

YET and YES are two of the most exciting super powers. They encourage you to take responsible risk so you can continue to grow. YET is the idea that you are continuously growing. It's a mindset you can play with encourage. Read this book, [The Power of Yet](#) by Maryann Cocca-Leffler. Next time you hear yourself say, "I can't," just add a **YET**. When you come up against challenges, don't get discouraged or say no to the opportunity, say **YES**, shout **YAY** and keep trying new things.

PRACTICE

Actors typically practice improve exercises so that when mistakes happen on stage, they are able to keep the show going. You can practice improv exercise too to help you get more comfortable with taking responsible risks. A fun and easy improv exercise is YES and. To play, one person suggests a scene such as "A lion just escaped from the Zoo." The next person might say, "YES and a world famous lion trainer has been called to help." And the story would continue. Have fun practicing YES and the next time you see a challenge that might help you grow, don't say no, say YES!



Laugh Out Loud

PURPOSE

Some say laughter is the best medicine. The ability to find humor and laugh at one's self is certainly a super power. Don't always be serious. Laugh out loud at the unexpected and whimsical.

PRACTICE

Young kids usually have this super power. If that's you, keep it going. If you need more of this super power, start by finding things that make you laugh and make a plan for laughing more. You can make some LOL trading cards or coupons to encourage your family or friends to laugh more. Maybe write funny jokes on the back and hand them out. Some people make kindness rocks and leave them in parks or on walking paths. You could do the same thing but make them funny rocks with funny faces or sayings.

PLAY

Some people say laughter is the best medicine. I'm sure you can think of lots of things you can do to have fun and laugh. Here's a game that always gets a few laughs. Every person picks a vegetable. One person starts and says their vegetable name two times in a funny way. They pass it on by saying someone else's vegetable. Then that person goes. The goal if it is your turn is to make someone laugh. The goal of everyone else is to not laugh. When you try that hard to not laugh, pretty soon you can't help it.



*Strong People Learn
As a Team*

PURPOSE

Super heroes are stronger when they work together. Working as a team means working with others and learning from each other. Stuck on something? Use SPLAT and work as a team.

PLAY

Have you heard the Lego Movie theme song, Everything is Awesome!? The second line is, Everything is good when you're part of a team. Working with others can be fun, especially when you work as a team. If you like legos, a fun way to work on your teamwork skills is to play Lego Creationary in teams. What else can you do as team? Can you make family chores go faster by working together? Can you make up a game for the kids in the neighborhood?

PRACTICE

Working as a team takes practice. Most teams do better if the team members already have some of the super habits. If you want to be a better team member, some of the super habits you might want to work on include POW and BLAH. These help you stick with things and improve your communication skills. You can even organize a SPLAT party and do team building activities like a water balloon toss, tug of war. Get a team, and with a little searching you can find some great teamwork games to play together.



*Be Alert for New
Growth*

PURPOSE

One of the best ways to keep growing is to admit when you don't know something and learn from experience. Don't be a know-it-all. Keep looking for opportunities to learn new things.

PLAY

Here's a fun way to add a little BANG to your life. Keep your eye out for new things to learn. When you see something, say **BANG!** and see what you can learn. Opportunities for learning new things are everywhere. Take a walk through a library, a museum or a nature preserve. Talk to people of different ages and learn from their experiences. Draw, color or journal and see what interests pop up in your own mind. Create a **BANG** poster to remind yourself to keep looking for new things to learn.

PRACTICE

Sometimes it's easy to stick with what you know. If you've been practicing some of these super habits you are already growing. Keep doing it. Keep looking for new opportunities to learn. Try the 100 Challenge. Number a sheet of paper from 1-100. Try to think of 100 things you want to learn about. If you get stuck, talk to other people, get out and look around, keep an open mind. The more you practice this habit, the more it will show up.

About the Author

Cheryl Peterson, Ph.D. has been teaching students scholarly habits for over a decade. In 2020, as students began distance learning due to the pandemic, she ran a ZOOM course to help students learn at-home and use some of these habits. She created Super Habits. In this books she shares some of her favorite resources to help kids and families grow their super powers.

You can connect with her at drcherylpeterson.com.

