

Shakerag Essentials

1. Learn and practice the Seven Habits.
 2. Stand while speaking to a large group.
 3. Respond with “Yes”, “No”, “Please” and “Thank You”.
 4. Greet others; respond to questions and ask a follow-up question.
 5. Make eye contact when speaking, greeting, and listening.
 6. Know names of your teachers and classmates.
 7. Know the Shark Bump.
 8. Clean up our space.
 9. Hold the door for person behind you.
 10. In line? Walk *silently*. Not in line? Walk *quietly*.
 11. **Win respectfully and lose gracefully.**
 12. **Include everyone (we are a family).**
 13. **Speak the truth.**
 14. **Learn from your mistakes (and move on).**
 15. **Be the best you can be.**
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