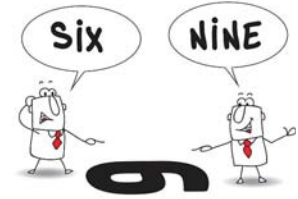




The Leader in Me

Habit 5 – Seek First to Understand, Then to be Understood

- I listen to other people's ideas and feelings.
- I try to see things from their viewpoints.
- I listen to others without interrupting.
- I am confident in voicing my ideas.
- I look people in the eyes when talking.



Hi Parents!

This week we focused on Habit 5, Seek First to Understand, Then to be Understood. Our Cubs learned about the traits of a good listener and trying to see things from another person's point of view. The key to that is empathy, which is a difficult skill to develop for kids and adults alike, but as we strive to put ourselves in another person's shoes, our capacity to understand increases, which leads to greater compassion, synergy and peace.

Tips for Home:

- Discuss the quote of the week and how it relates to seeking to understand.
- Read a book from the included book list with your child and discuss how the characters did or did not show habit 5.
- Create a Good Listener Does/Does Not T-chart.
- Define empathy and discuss why it is important when seeking to understand - the link is a silly Sesame Street video that explains empathy
https://www.youtube.com/watch?v=9_1Rt1R4xbM
- Role play someone being a bad listener and then someone modeling good listening.
- Use the included Chinese symbol for listening to discuss how to be a whole body listener.
- Discuss the meaning of tone of voice and body language and why it's important to pay attention to non-verbal cues when listening.
- Play charades using different emotions and gestures to help your child focus on non-verbal cues.
- Define paraphrasing and tell your child it's a strategy to help show a person you're listening. Model it for your child and then have your child practice paraphrasing.
- Discuss why it's important to seek first to understand and the feelings a person may have when she feels someone is truly listening.
- Share a personal experience of a time when someone sought to understand you and how you could tell the person was showing habit 5.

Quote of the Week:

Listening is about being present, not just being quiet.
- Krista Tippett

Habit 5 Picture Books

- They All Saw A Cat (Wenzel)
- Hey, Little Ant (Hoose)
- Stand in My Shoes (Sornson)
- Stellaluna (Cannon)
- The True Story of the Three Little Pigs (Scieszka)
- The Runaway Bunny (Brown)
- Are You My Mother? (Eastman)
- Is Your Mama a Llama? (Guarino)
- The Island of the Skog (Kellogg)
- Grandfather Counts (Cheng)
- It Looked Like Spilled Milk (Shaw)
- Alejandro's Gift (Albert)
- Howard B. Wigglebottom Learns to Listen (Binkow)

