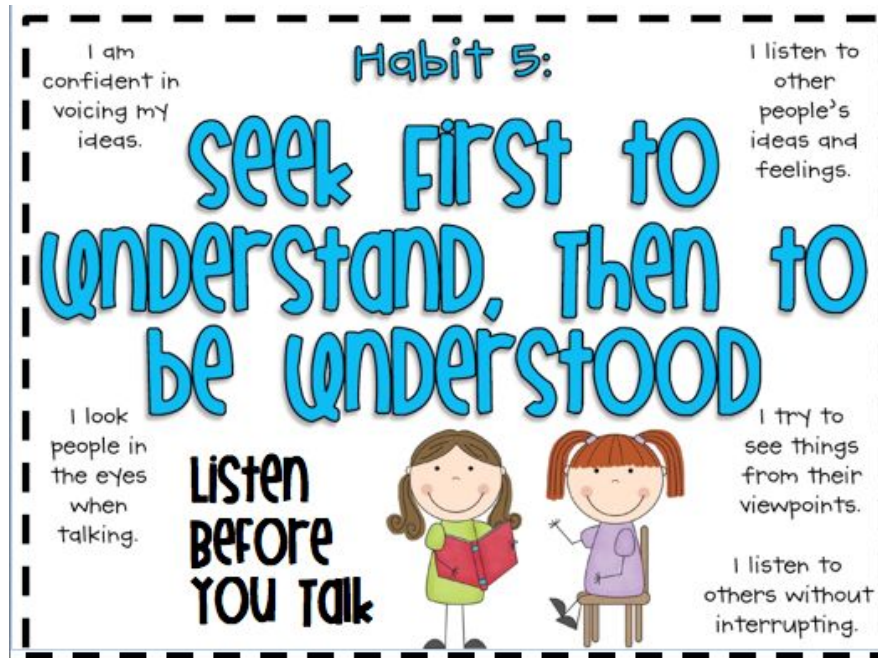


~ The 7 Habits at Home ~

This month's Habit: Habit 5 Seek First to Understand, Then to Be Understood



Seek First to Understand, Then to Be Understood means that it is better to listen first and talk second. This habit is best approached by introducing listening as a skill—something that should be practiced. Simply put, we have two ears and one mouth, and should use them accordingly.




Suggested titles for young children that reinforce Habit 5:

- The 7 Habits of Happy Kids by Sean Covey
- The Runaway Bunny by Margaret Wise Brown
- Stellanuna by Janell Cannon
- Rules by Cynthia Lord

During this activity you need to think about how you can be a better listener. What does it mean to listen with your eyes, ears and heart?

Family Name _____

(Habit 5 - Seek First to Understand, Then to be Understood)

<p><u>Eyes</u></p> 	<p><u>Ears</u></p> 	<p><u>Heart</u></p> 
<p>How do you listen with your eyes?</p>	<p>How do you listen with your ears?</p>	<p>How do you listen with your heart?</p>
<p>Name someone who is a good listener.</p>	<p>Write about a time when you were a good listener.</p>	<p>What can you do to be a better listener?</p>