

Leader in Me: Seek First to Understand the to be Understood

Title:			
Learning Objective:	Learning to listen		
Franklin Covey Habit:	Seek First to Understand then be Understood		
Subject Area:			
Activity:	<input type="checkbox"/> Individual	<input checked="" type="checkbox"/> group	<input type="checkbox"/> Homework
Source:			
Activity:		Grade Level:	3 rd

Set Up

Student Materials:	Teacher Materials:	Review:
skit	Big ears, hart on a string, big glasses, and skit	

Introduction:
Introduce the Habit 5 Seek First to Understand then be Understood.

Activity:
<p><u>Seek First to Understand Then be Understood</u></p> <ul style="list-style-type: none"> ➤ See things from another person’s point of view ➤ First listen, talk second ➤ This habit is the key to communication, because the deepest need of the human heart is to be understood ➤ Everyone wants to be respected and valued for who they are ➤ Try to understand instead of judging <p><u>Five Poor listening styles</u></p> <ul style="list-style-type: none"> ➤ Spacing out – wandering off when someone is speaking ➤ Pretend listening – we pretend by making comments like yeah, sounds great ➤ Selective listening – we pay attention only to the part of the conversation that interests us

- Word listening – we only pay attention to the words but not the true meaning behind the words
- Self-centered listening – We listen but we see everything from our point of view

Steps to better listening

- First listen with **your eyes** – Look at the person and give them your full attention. (I put on big clown glasses)
- Second listen with **your heart** – Really listen to the person talking and try to understand what they are saying. (I put on a big paper hart)
- Third listen with **your ears** – Hear what they are saying and without waiting to reply. (I put on puppy ears)
- Four try to stand in their shoes.

This was a fun activity for the whole school. It reinforced how people should listen to each other.

Wrap Up:

Review how people should listen with their eyes, ears and heart.

Extension and Integrations

My class also did a skit for Habit 5 Seek first to Understand then to be Understood.

Gavin: Can I play four square.

Ella: But we don't know how to play!

Asha: We will tell the rules.

Sidney: Okay that's fine.

Clara: Why do we have rules?

All: argue about rules

Hailey R: Their fighting.

Ariel: Let's go check it out.

Corinne: They are not listening

Haley N: Yeah they aren't listening to the rules.

Braden: We don't want any rules.

Jordan: That's not fair though.

Ariel: Okay how about this. They explain the rules then you get to decide if you want to play or not. I think that is fair.

Haley N: What were they doing wrong?