

Leader in Me: Lesson Plan Template

Title:	Seek First to Understand, Then to be Understood		
Learning Objective:	Students will be able to identify situation of good listening skills versus poor listening skills.		
FranklinCovey Habit:	Seek First to Understand, Then to be Understood		
21st Century Skill:	Communication and Collaboration Skills; Social and Cross Cultural Skills		
Subject Area:	Language Arts		
Activity Type:	<input type="checkbox"/> Individual	<input checked="" type="checkbox"/> Group	<input type="checkbox"/> Homework
Source:	Adapted from a lesson plan from the staff at Crestwood Elementary School		
Activity Time:	20 min.	Grade Level:	2-3

Set Up

Student Materials	Teacher Materials	Review
	two clear glasses pitcher of water crayons	This is an introduction to habit 5, seek first to understand then to be understood.

Introduction

Glass Demonstration:

- Show two clear glasses and a pitcher of water.
- Fill one glass with water but leave the other one empty.
- Ask students to think of things which are upsetting, frustrating, discouraging.
- For each negative comment pour a small portion of water out of the full glass and back into the pitcher.
- Every drop of water that goes out of the cup represents part of our self esteem being taken from us. Soon there will be nothing left.
- Turn to the other glass. How can we help a person whose glass is empty to fill it up again?
- With each positive comment, pour some water into the glass until it is full.
- We need to keep our glasses full.

- We are each responsible to help fill the glasses of those around us.

Activity

1. Discuss and complete the questions on the Habit 5 Worksheet. (see below)

Principle: To communicate effectively, we must first understand each other.

2. Discussion: Types of Listening (see below)

Wrap Up

Review good and bad listening skills.

Assessment

Students will be assessed on appropriate participation during the class discussion or activity.

Extensions & Integrations

HABIT 5: Seek First to Understand, Then to Be Understood

Principle:

Questions: 1. Describe a time when someone didn't listen to you
before giving you an answer.

2. How did you feel?

3. What gets in the way of listening effectively?

Sometimes
listening is
very important
for survival!

Types of Listening:

- Spacing Out
- Pretending
- Selective Word
- Self-Centered
- Polite
- Empathic

The six most important words: **I admit that I was wrong.**

The five most important words: **You did a great job!**

The four most important words: **What do you think?**

The three most important words: **Could you please?**

The two most important words: **Thank you.**

The most important word: **We**

The least important word: **I**