

# Habits at Home

## Habit 5: Seek First to Understand Then to Be Understood



### Habit Description:



Seek First to Understand Then to Be Understood is the habit of listening empathically. Habit 5 teaches us to listen without the intent to respond, and listen to understand what the other person is saying.

### How to live it out?

Whole body listening,  
intentionally being  
involved, listening with  
the intent to understand.

Respect

Empathy

Listening

Courage

Mutual Understanding



**Directions:** Please complete the challenge below as a family. Put your name on the line and put a checkmark in the box indicating that you completed the challenge. Return this paper to school so we can celebrate your hard work!



### Activity 1: Hand Clapping Activity *(Directions on the back)*

In Seeking First To Understand the “searcher” must try to figure out what those who are clapping are trying to tell them. When living Habit 5 you must pay attention to all forms of language, nonverbal language can communicate a lot.

### Activity 2: Poem *(Directions on the back)*

This activity encourages families to practice listening and making meaning of what is being said. When Seeking First to Understand it is not just about listening at the word level it is about making meaning of the whole.

Name \_\_\_\_\_

Grade \_\_\_\_\_ Teacher \_\_\_\_\_

We did it!



# Directions

## Activity 1 - Hand Clapping Activity

Take one member of the family aside (the “finder”) where they will not be able to hear/see as the rest of the family goes over the rules.

**Rules:** Pick any object in the room for the “finder” to find. The rest of the family members will direct the “finder” to where the object is by only clapping (they may not use any words, verbal cues, nor pointing). When the “finder” gets close to the object, they can start clapping louder and faster. When the “finder” gets farther from the object, they stop clapping or clap slower. The “finder” should not be aware of these clapping rules and should only be aware that he/she is supposed to be finding an object. He/she will need to really seek to understand in order to figure out what the clapping means.

## Activity 2 - Poem

Recite the poem with a family member. Alternate each word. Use the poem below or use a family favorite poem or song!

**\*For example:** Partner A: “She” Partner B: “sells” Partner A: “seashells” Partner B: “by”...

*She sells seashells by the seashore.*

*The shells she sells are seashells, I’m sure.*

*For if she sells seashells by the seashore*

*Then I’m sure she sells seashore shells.*