



# Leader in Me: Family Connection

## Younger-Child Activities

- Body language can be even more important than words. Play a game with your kids where you each try to guess the other's emotion (Happy, Sad, Angry, Frustrated, Bored, etc). without using any words, just body language.

## Teen Activities

- Is there an Issue you and your child always argue about? If so, go to your child and say, "Help me understand your point of view." Then really listen without interruptions. When your child is finished, repeat in your own words what you heard until he or she acknowledges feeling understood. Then it's your turn to speak and your child's turn to listen. You may want to use a "Talking Stick" when you are having this discussion. Only the person holding the Talking Stick is allowed to speak and doesn't pass the stick to the other person until her or she feels understood.

## 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. By taking the time to listen to another person, you reach a higher level of communication. Teaching Habit 5 to young children is done by first considering their age and development. Young children find it difficult to understand another's paradigm(point of view). This habit is best approached by introducing listening as a skill that should be practiced. Learning to listen without interruption and learning to listen with your ears, your eyes, and your heart will help children build a foundation for Habit 5. Simply put, we have two ears and one mouth so that we can spend more time listening with the intent to understand.

### Books:

- The Runaway Bunny, Stellaluna, The True Story of the 3 Little Pigs.