

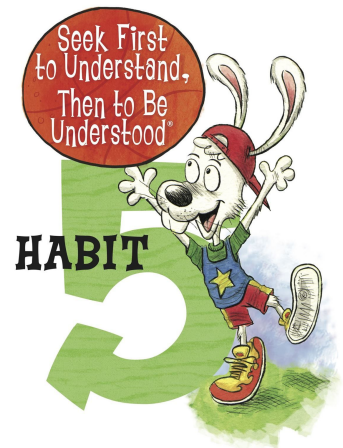


Bolt's Habit Playbook

Seek First to Understand Than to be Understood

Habit 5 - Seek First to Understand, Then to Be Understood

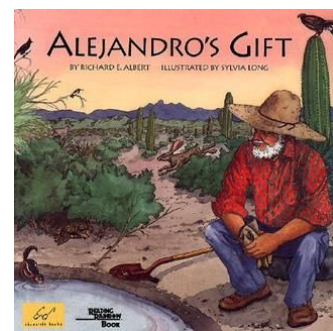
means that it is better to listen first and talk second. By taking the time to listen to another person, you reach a higher level of communication. Teaching Habit 5 to young children is done by first considering their age and development. Young children find it difficult to understand another's paradigm (point of view). This habit is best approached by introducing listening as a skill that should be practiced. Learning to listen without interrupting 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.



Click to view the videos:

<https://www.youtube.com/watch?v=acZfmL4SUlc> (start at :22 and stop at 3:29)

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Reflection Questions:

- BEFORE you read... Why is it important to consider all sides or perspectives of a story?
- What does the Wolf want the reader to understand?
- How would the third little pig's behavior and actions change if he sought to first understand the Wolf?
- What do you hope other people understand or know about you?

Reflection Questions:

- How did Alejandro seek first to understand?
- What did Alejandro gain from seeking first to understand?
- How did you seek first to understand this week?
- How can you help another person to seek first to understand?