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

I listen to other people’s ideas and feelings. I try to see things from their viewpoint (paradigm). I listen to others without interrupting. I listen with my ears, my eyes, and my heart. I am confident in voicing my ideas.

**Hand sign for habit #5: Seek First to Understand, Then to Be Understood**

Place your hand over your brow like you are looking over the horizon, then cup both hands behind your ears.

**Practise at home:** (taken from The 7 Habits of Healthy Kids by Sean Covey)

-Try to go one whole hour without talking even once. Instead just watch people around you and listen to what they are saying. Good Luck!

-Think of someone in your life who you think is a good listener. Your Grandma? Your Dad? Your best friend? What do they do that makes them a good listener?

-The next time one of your friends is sad, notice his/her eyes or the way he/she holds their body. Tell them you know they are sad and you want to help.

