



# The First Eight Days – Day 5

Wednesday 10<sup>th</sup> September 2019



## Habit 5: Seek First to Understand, Then to be Understood

We listen first and then talk. We respect ourselves and others and celebrate our global community

Today we have been learning about habit 5. It's about listening to others and trying to see the world through the eyes of another person. It's also about feeling confident enough to present your own point of view.



**Habit 5:**  
**Seek First to Understand, Then to be Understood**

I am confident in voicing my ideas.  
I look people in the eyes when talking.  
Listen BEFORE YOU Talk

I listen to other people's ideas and feelings.  
I try to see things from their viewpoints.  
I listen to others without interrupting.



In assembly today some Year 6 children role played different listening scenarios for the whole school to discuss.

Yesterday lots of classes have been discussing how they can fill up their 'emotional bank accounts.'



What makes you happy? How could someone fill up your emotional bank account?

How could you fill other people's 'emotional bank accounts?'

What could you do to fill up your mum, dad, brother or sister's emotional bank account? You could give them a compliment, ask them if they would like any help or do the right thing without being asked.

Make a deposit today!

The children in Year One were thinking about what things might go into an emotional bank account.

