

## Habit 5: Taking it Home

### 1. Mood Charades

Write several different emotions (anger, sadness, happiness, disappointment, etc.) on small pieces of paper and put them in a box. Have each family member draw one of the papers out of the box. Invite each family member to act out the mood on the paper they drew while the others try to guess the emotion. Point out that you can learn a lot about what others are trying to say by using your eyes to watch their faces and body movements.

### 2. Listen Up!

Get into groups of two. Role-play the following forms of listening:

- Ignore what the other person is saying.
- Pretend to listen to the other person (but don't really pay attention).
- Listen only to select parts of what they say.
- Listen with the intent to reply.
- Interrupt with your own opinions.

Ask: Why is it important to listen? How do you feel when someone listens to you? How do you feel when someone does not listen to you?

### 3. Empathic Listening Practice

Invite family members to get in pairs to practice Empathic Listening. Refer to page 48 for tips on keeping the door open for understanding. Beware of door slammers!

Invite family members to get in pairs to practice Empathic Listening. Follow the instructions on page 50.

Summarize, "When we listen empathically we are not trying to solve the other person's problem or give advice. We are simply trying to help them feel understood."

### 4. The Intent Iceberg

Draw an iceberg and label it with "Skill" and "Intent" as shown on page 48. Discuss as a family why intent is more important than skills in communication. Talk about ways to improve family communication.

### 5. Watch Your Tone!

We add meaning to the words we use by the way we say them—our tone of voice. Write the following phrases on pieces of paper:

- What are you thinking?
- I'm really excited for you!
- Okay, I will help.

Invite family members to choose one of the phrases and use several different tones of voice with the same phrase. Does the meaning change? How?

### 6. Digital Communication

Have a family discussion with your family or other families who use digital communication effectively. Ask such questions as: What challenges do families face with digital devices? How can your family better keep the communication channels open by using digital devices to your advantage? What specific ways will your family stay better connected using digital communication?

#### MY REFLECTIONS

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#### ONE THING I WILL DO

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