

# Humility: Putting others first by giving up what you think you deserve

**Supplies Needed:** paper, writing utensil

**Intro Discussion:**

1. Start a conversation with your child : “Humility this month looks like putting other people first by giving up what you think you deserve. What are some things that you think you deserve? One that may not come to your mind right away is time, but in reality time is one of the most precious resources we have. One way to practice humility is to take the time to listen to someone else. When you are truly listening to someone else you are thinking about what they are saying, NOT what you are going to say in response.”
2. You could have a follow up conversation about other good listening skills such as appropriate eye contact, nodding to show agreement, not interrupting, etc.

**Instructions:**

1. Pair family members into groups of two.
2. One person will spend 3 minutes talking about themselves and their interests. The other person will do nothing, but listen. They cannot speak during this time. They should not take notes on what the person is saying.
3. The second person will spend 3 minutes talking about themselves and their interests. The other person will do nothing, but listen. They cannot speak during this time. They should not take notes on what the person is saying.
4. After the 6 minutes is completely over, give the pair 2-3 minutes to write down everything that they can remember about their partner.