Sarah and Theo
Seek 1st to
Understand:
A Social Story about Communication

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Thank you for your purchase. I created this book as an easy resource to explain the idea of “seeking first to understand then to be understood” (listen before you talk) to my kindergarten students.

For this resource, I’ve included a big Teacher Edition of the book and smaller books that can easily be printed for each child to take home. At the end, I also included a version missing the word “is.” To integrate spelling/word study into this book, you can have students write the missing word on each page.

Please let me know if you have any questions and follow my blog for more ideas.
Sarah and Theo Seek 1st to Understand:

a Social Story about Communication
Sarah is mad at Theo. She wants him to read with her.
But, Theo is going to the art center instead.
Sarah is ready to yell at Theo. Then, her teacher reminds Sarah of what they’ve been learning.
They learned Seek First to Understand, then to be Understood.
Sarah has to listen first, and then talk.
Sarah asks Theo, “Why won’t you read with me?” Theo says, “I have to make a card for my mom’s birthday.”
Sarah understands now. She helps Theo make a card. She is so glad she listened instead of yelling.
I can seek first to understand!
Instead of talking, I can:

Take a deep breath.

Listen with my ears, eyes, and heart.

Think of how my friend feels.

Be kind when I speak.
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Thank you for your purchase. Please contact me with questions or feedback via TeachersPayTeachers or at danielle.faerber@gmail.com

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