

# Exploring Leadership

## SOCIAL AWARENESS: HUMILITY

Emphasis is often placed on teaching children honesty, integrity and accountability, but humility is also a desirable personal quality that children can learn. Humility involves one's view of self. It could even be said that humility is about being honest with oneself. The humble child does not think less of his abilities than is warranted, but rather he has a realistic view of his abilities and has gratitude, instead of a sense of superiority, says Christopher Peterson in "A 'So What' of Humility," written for Psychology Today.

### CONVERSATION STARTER:

- After watching the first video shown in "What You'll Need" box, are you aware of your own strengths and weaknesses?

With Humility, you show strength by drawing others into conversations and decisions. With humility you are respectful of work done by others. Arrogance leads to unnecessary competition inside organizations.

## EXPLORATION ACTIVITY:

**Humility Game Instructions:** Choose one person to be "It," and have them step out of the room momentarily. The rest of the group decides on a simple task "It" must perform (write on the board, sit in a particular chair, move something from one place to another, etc.) and a familiar song that everyone else can hum to help complete the task. No words may be exchanged until the task is complete.

### FACILITATION TIP:

- Depending on total group size, you may decide to create two smaller groups for this activity.

- "It" comes back in and goes to the middle of the room, and the group begins to hum the song softly. As "It" gets closer to performing the secret task, they hum louder and louder to encourage their teammate. Similar to the "You're getting warmer/colder" method, if "It" goes off course, the humming will get quieter. When the task is getting closer, the humming gets louder and louder. When the task is achieved, everyone cheers wildly and sings a verse of the song to celebrate this team effort.
- If time permits, choose a different "It" and go again.

### KEY OBJECTIVES:

- Understand the importance of belonging and inclusion.
- Identify ways to make others feel they belong.

### WHAT YOU'LL NEED:

- Computer/projector to watch YouTube videos:  
[https://www.youtube.com/watch?v=\\_UaATRJRggs](https://www.youtube.com/watch?v=_UaATRJRggs)
- <https://www.youtube.com/watch?v=B4ZhW2wVGf8>
- <https://www.youtube.com/watch?v=10iYNsfut4Y>



## REFLECTION QUESTIONS:

- What lessons in Humility are there for those who do the humming?
- What lessons in Humility are there for “It”?
- How did cheering make “it” feel? How is this related to Humility?
- Why would a truly arrogant person struggle to complete this task?

## APPLICATION DISCUSSION:

- Describe someone you know who displays healthy Humility -- i.e., awareness of both their strengths and weaknesses, looks for the value in others, etc.
- How can a person have self-confidence while still exhibiting Humility?
- How does having Humility make you a better leader?



## CONCLUSION:

As a leader, your humility demonstrates a desire for collaboration rather than internal competition. This activity will illustrate how the entire group succeeds by helping rather than competing. The essence of Humility is the willingness to help others. Engage group by watching a "Motivational Minute" shared by Nick Vujicic in final YouTube video shared in "What You'll Need" Box.

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## REFERENCES

- [https://kids.lovetoknow.com/wiki/Activities\\_for\\_Kids\\_On\\_Humility](https://kids.lovetoknow.com/wiki/Activities_for_Kids_On_Humility)
- <https://blog.peoplefirstps.com/connect2lead/leadership-business-management>
- <https://oureverydaylife.com/youth-activities-teach-humility-8087241.html>
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