



All Ears

Think about what active listening looks like and feels like. Do you understand the difference between listening to respond and listening to understand?

Cooperation



Cooperates as a Group Leader or a Member of the Group

Mindfulness Principle: Reality Check

Skill Focus: Differentiate how to listen to understand rather than listen to respond.

- 1
 - What does it mean to be an active listener? What does active listening look like?
 - Active listening means that you listen to someone else to understand what they are saying and how they feel instead of listening to simply respond. Active listening can help you to be a better friend and more cooperative. This activity will help you learn what active listening looks and sounds like.
- 2
 - Close your eyes and sit tall. Imagine that you are sitting across from a friend who asked if they could talk to you about a problem they are having.
 - To show your friend that you are listening and that you care, demonstrate whole body listening. First, notice what your body is doing while you are listening. Your brain is thinking, your eyes are looking at your friend, your ears are hearing their words, your voice is quiet, your body is safe, your feet are still, and your heart is open with compassion.
 - Next, notice how you feel as you listen. What emotions come to mind as you listen like this?
 - Take 3 deep breaths to relax your body. When you feel you need to respond, say to yourself, "I am all ears" to stop the impulse of responding instead of listening.
- 3
 - How do you think it would feel for your friends to show they are actively listening when you talk?
 - When we actively listen and are actively listened to, we feel less lonely and more open to expressing our feelings. Focus today on one way that you can show your teachers, peers, or family members that you are actively listening.