

# Give us a break!

## Resource sheet 5 Good listening activity

1. Facilitators role play 'good' listening and 'bad' listening, using simple topics such as 'where I'm going for my holidays and why' or 'my favourite TV programme'. They exaggerate the points made on sheet 5a.
2. Discuss with pupils what they noticed about the role play.
3. Give out and discuss sheet 5a.
4. In twos, pupils try active listening for themselves. Each pair is given a slip with 2 topics. One speaks about the first topic while the other tries out 'good listening' skills, then they swap round and use the second topic. If preferred they can both use the same topic or even one of their own choice.

### Suggested topics:

- The best time of my life.
- My first pet.
- A favourite person in my life.
- A place I love to visit.
- What I want to do when I grow up.
- My best Christmas ever.
- My best summer holiday.
- My best friend.



# Give us a break!

## Resource sheet 5a Active listening

### Do:

- Have the **intention** of listening and forget your own concerns for the moment.
- **Look** at the person's face.
- **Listen** carefully to what they say, asking questions to check you have understood: "So what you're saying is..."
- Show by your **expression** you are interested in what they say, but be genuine.
- Show interest by your **body language** – turn towards them, smile, nod etc.
- Make encouraging comments to show you have heard, but keep them brief: "I see...", "Yes, that must be hard.."

### Don't:

- Look around you, or at your feet or their clothes.
- Exaggerate your expressions.
- Fidget or turn your body away.
- Butt in with your own story.

