
You Will Need

- ◆ cards with "one-liners"
- ◆ puppets

I'm Listening

GRADE LEVEL: K-6

Directions

Explain to the children that reflective listening means listening carefully enough that you are able to repeat in your own words what the speaker has said. It also involves listening for feelings. When we listen to someone reflectively, we show that we care about them.

Using puppets, role-play the following situations:

Situation 1

SPEAKER: I have so much homework tonight that I will never be able to finish it all.

LISTENER: It sounds like you feel frustrated because you don't think you will be able to finish it all.

Situation 2

SPEAKER: I have so much homework tonight that I will never be able to finish it all.

LISTENER: Well, if you had worked harder in class, you wouldn't have so much homework.

Ask the children to discuss how the speaker might feel about, and react to, each of these responses.

Next, pass out cards with the following "one-liners" to volunteers who feel comfortable role-playing. Ask them to find a partner who will listen reflectively and respond.

"I think the principal is going to phone my parents."

"My mother is going into the hospital."

"I don't think that's fair."

"My parents have been fighting a lot."

"I hate music class."

Some response words to use for feelings:

nervous

upset

confused

worried

angry

frustrated

For Discussion

- ◆ Did you find it easy or difficult to reflect back on what someone else said? Why?
- ◆ How do you feel when someone really listens to you?
- ◆ How do you think reflective listening can help someone work out a problem?