

SEL · GRADES 3–5

# Active Listening

How to be the kind of person people love to talk to

## Five things active listeners do

1

### 1. Look

Eyes on the speaker (in most cultures). Body turned toward them.

*Example: Phones away. Pencils down.*

2

### 2. Listen all the way

Don't plan what YOU want to say. Just listen.

*Example: Lots of people just wait for their turn — that's not listening.*

3

### 3. Show you heard

Nod, say 'mm', 'right', 'I see' at natural pauses.

4

### 4. Reflect back

Say back what you heard, in your own words. 'So you're saying...'

*Example: If you got it wrong, they correct you. If right, they feel heard.*

5

### 5. Ask, don't argue

Ask follow-up questions before you respond. 'How did that feel?'

## Self-check after a conversation

- Did I look at the speaker?
- Did I let them finish?
- Could I summarize what they said?
- Did I ask a question before giving my opinion?



- Did the other person seem to feel heard?

