

MORNING ASSEMBLY · GRADES 1–5

Morning Assembly

Week 9 — The art of listening

Page 1 — A quick experiment

Turn to the person next to you. Tell them what you did at the weekend — for 30 seconds. The other person can ONLY listen. No questions. No interrupting. Just listen. Then swap. How did it feel to be really listened to?

Page 2 — What listening really is

<p>Listening is more than hearing</p> <p>Hearing happens automatically — sound enters your ears. Listening is choosing to PAY ATTENTION. To understand. To care.</p>	<p>Most of us are bad at it</p> <p>When someone else is talking, we're often just waiting for our turn to speak. We're thinking about our reply. That's not really listening.</p>
<p>Real listening changes things</p> <p>Being truly heard is one of the kindest things one person can do for another. It tells them: you matter. What you say matters.</p>	

Page 3 — How to be a good listener

- Look at the person — eye contact (or facing them, if eye contact's hard for you)
- Put down your phone, your toy, your fork
- Don't interrupt — wait until they're finished
- Don't be planning your reply while they talk
- Ask a follow-up question — 'and then what happened?'
- Notice how they FEEL, not just what they SAY



■ Sometimes — say nothing at all. Silence is fine.

Page 4 — This week's challenge

1. Find someone today and really listen to them — for 2 whole minutes — without interrupting.
2. Notice: did they say something you would have missed if you weren't really listening?
3. Tell us at the end of the week — what surprised you about really listening?

