

Summary of Lesson Four

In this lesson, students explore what it means to truly listen using their whole body, mind, and heart. Through the story, Listen Up, Tia and the Telephone game, students practice focused attention, patience, and respectful communication. Students learn that listening is an important part of showing kindness, empathy, and cooperation. This lesson encourages students to become better listeners and to apply active listening in real-life situations at school and beyond.

Mindful Listening Tips For Caregivers

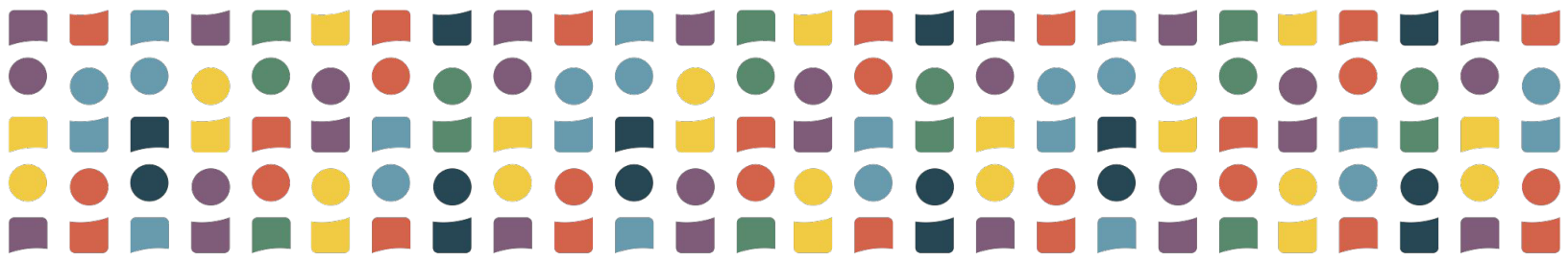
Be Present:

- Give your full attention to your child when they are speaking.
- Put away distractions like phones or other devices to focus entirely on the conversation.

Make Eye Contact:

- Maintain eye contact to show that you are engaged and interested in what your child is saying.
- Use gentle and supportive facial expressions to convey empathy and understanding.





At Home Practice: Mindful Listening

Show Empathy:

- Validate your child's feelings by acknowledging their emotions.
- Use phrases like, "I understand how you feel," or "That sounds really challenging."

Listen Without Interrupting:

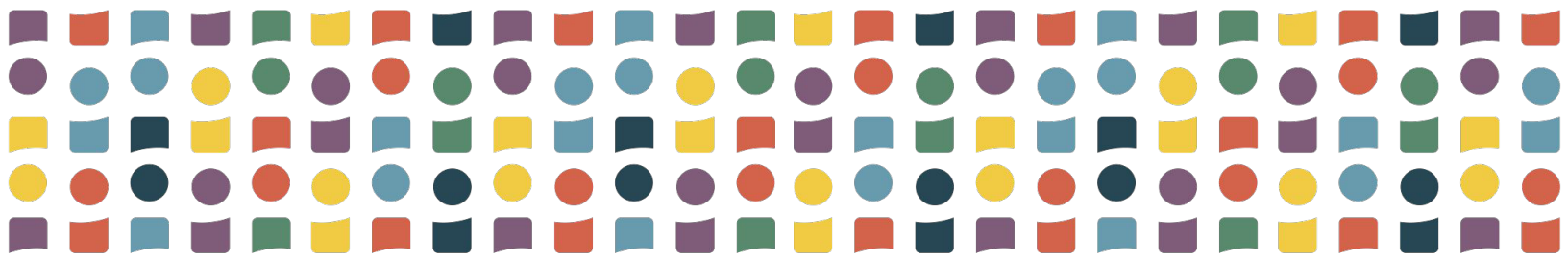
- Allow your child to express their thoughts and feelings without interrupting them.
- Practice patience and wait until they have finished speaking before responding.

Ask Open-Ended Questions:

- Encourage your child to share more by asking open-ended questions.
- Questions like, "How did that make you feel?" or "What happened next?" promote deeper conversations.

Reflect and Clarify:

- Reflect back what your child has said to ensure you understand correctly.
- Use phrases like, "So what you're saying is..." or "It sounds like you are feeling..."



At Home Practice: Mindful Listening

Encourage Sharing:

- Create a safe and supportive environment where your child feels comfortable sharing their thoughts and feelings.
- Reassure them that their voice is important and valued.

Practice Patience:

- Be patient and give your child the time they need to express themselves fully.
- Avoid rushing the conversation or finishing their sentences for them.

Use Attentive Body Language:

- Show engagement through nodding, leaning in, and keeping an open posture.
- Avoid crossing your arms or looking away, as this can signal disinterest.

Summarize and Respond Thoughtfully:

- Summarize what your child has shared to show you have listened and understood.
- Respond thoughtfully and with care, offering support and encouragement.