

Active Listening Skills

Name: _____ **Date:** _____

LEARNING OBJECTIVE

The student will practice and demonstrate active listening techniques in a structured partner exercise.

MATERIALS NEEDED

- A partner (family member, sibling, or friend)
- Notebook paper
- Pencil
- Timer or stopwatch

HANDS-ON ACTIVITY

1. Learn the key active listening techniques: making eye contact, not interrupting, nodding/showing you're engaged, and paraphrasing back what you heard.
2. Set a timer for 2 minutes and have your partner talk about their day or a topic they enjoy while you practice all 4 active listening techniques without speaking.
3. When the timer ends, paraphrase back to your partner what you heard them say in 2-3 sentences, and ask them to confirm if you understood correctly.
4. Switch roles: you talk for 2 minutes while your partner practices active listening and paraphrases back to you.
5. On notebook paper, write down how accurately your partner paraphrased your points and how it felt to be listened to that way.

QUESTIONS

1. **List the 4 active listening techniques you practiced.**

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2. **How accurately did your partner paraphrase what you said? Give an example.**

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3. **What was challenging about listening without interrupting for 2 full minutes?**
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4. How might active listening help prevent conflicts before they start?
