



## *Listening and then Talking*

SLCSD Elementary Lesson at Home with Student & Family

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### **Materials Needed:**

Your imagination and a small group

**Family Discussion:** We sometimes think of communication as just being about expressing ourselves, but that's really only half of it. It's also just as important to know how to listen. Good listening allows us to demonstrate to our friends and family that we are paying attention to their thoughts, feelings and behaviors. This promotes something called "empathy" (seeing the world through their eyes or understanding someone's point of view). This is crucial to maintaining productive relationships, and sometimes the only way to establish quality communication. Facing someone when they're talking means you're much more likely to focus on what they're saying than if you're facing away or looking at something else. At school, teachers sometimes call this "*whole body listening*".

**Activity Directions:** The goal of this activity is to co-create a story where each group member gets to contribute a portion. To do this we will practice whole body listening. Sit in a circle. The first person begins the story with just one or two sentences. The next person will then continue the story, then the next, until it starts to grow and evolve in interesting and sometimes silly ways. The story can end when everyone gets a few turns (depending on the amount of players).

### **Questions for Afterward:**

- What did it feel like when it was your turn to talk and make a new sentence?
- How difficult was it to use information from a former sentence spoken? Why?
- Is there something that you would change about the group story?
- Could we add more to the story?
- Was it easy for you to listen? Why?