

Extend My Thinking

Video: The Active Listening Scavenger Hunt Part 2

1. Improving Listening Skills

Practice having a lengthy conversation with another person. Ask a family member or friend to join you in a conversation about a specific topic (choose one from the list). After choosing the topic the speaker will talk for 5 minutes about the topic. During this time the listener will use the “4 Key Components of Active Listening” and respond appropriately throughout the conversation. This will mean **focusing** on the speaker and listening for main points, **thinking** about what has been said and **responding non-verbally**, and asking questions or making statements as a way to **verbally respond**. Finally, take a few minutes after the conversation to discuss the Speaker/Listener Communication Cycle.

(Topic List: Family, School, Sports, Food, Restaurants, Games, Music, Art, Vacation, the Future)

2. Listen to a Podcast on “What It Takes to be a Good Listener”

This podcast and transcript has been developed by the Center for Creative Leadership. It details the ideas of: Paying attention, withholding judgment, reflecting on information, clarifying with questions, summarizing as needed, and sharing connections to the speaker. This podcast can be found at:

www.ccl.org/leadership/podcast/index.aspx

or

www.ccl.org/leadership/podcast/transcriptTheBig6.aspx

3. How to Improve Listening Skills for Children

In this article you will find 8 different activities to do with children in order to improve listening skills. These everyday activities allow children to see and practice listening skills with a family member or caregiver. This article can be found at:

<http://www.livestrong.com/article/174105-improve-listening-skills-children/>