

Active Listening Activity- Quick Role Plays to Share

1. 3-5 min.- Quick intro to strong speaking and active listening skills as way to build connections with each other and strengthen community
2. 10-12 min-. Groups plan and practice role play of their scenario (6 groups of 6)
Every Group Gets Scenarios:
All scenarios involve- group of people listening and a person talking
 - Sharing in circle (community meetings, morning meeting, etc.)
 - A presentation or teacher instruction
 - Turn and talk moments
 - Group discussions
 - A friend confiding (sharing their feelings about something)
 - Someone is upset (angry or hurt) about something others did/said...
3. 12 min.- Groups share their role play with everyone (1-2 min. each), while audience takes notes (see note sheet below)
4. 3-5 min.- Quick group sharing of conclusions about active listening results/effectiveness

Skills to highlight:

SPEAKER: Verbal

- Speaking audibly and clearly- commanding attention
- Stay on topic and focused
- Be succinct, not too long, get to the point
- Speed (not too fast or too slow)
- expressive speech, tonal fluctuations

SPEAKER: physical

- purposeful movement- no fidgeting, pacing, or swaying; not frozen either
- eye contact or "sweeping"
- good posture, no leaning on walls/furniture
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LISTENER: Physical signs of listening:

- Sitting up
- giving eye contact
- nodding
- hand gestures
- not fidgeting

LISTENER: Verbal signs of listening: -Responding to the speaker with reflective statements

- ("I heard you say") ("To add to the idea that ___")
- Affirmation expressions "Um-hum", "Okay", "Yes", "I understand",...
- Not always appropriate to make verbal responses
- Do not criticize or be sarcastic

The whole group?