Seek First To Understand, Then To Be Understood
Activity

Raise your hand if you think you could easily tell the story of Little Red Riding Hood
Activity

As a class we will tell the story of Little Red Riding hood, but there is one small catch!

Everyone can only contribute one word at a time!

I will start:

Once...
Activity

What did you find difficult about this activity?

Different perspectives

You have to listen really well

You have to see things from a different point of view
Activity

Now, in partners, one person face the board - the other turn away don't peek!

The person not looking should have a paper and a pencil in hand ready to draw!

On the next slide are five drawings. The person facing the board must explain in detail what to draw for the other person.
NO PEEKING!
Describe to your Partner
SWITCH PLACES!
Describe to your Partner

#1

#2

#3

#4

#5
Discuss!

What were some of the challenges when you were giving the directions?

What were some of the challenges when you were listening to the directions?

These challenges are true in real conversations. Sometimes it is hard to get others to understand you, and sometimes it is hard to express yourself. BUT we need to remember to be good listeners and to TRY to understand each other!
When I ask you to listen to me and you start giving me advice, you have not done what I asked.

When I ask you to listen to me and you begin to tell me why I shouldn’t feel that way, you are trampling on my feelings.

When I ask you to listen to me and you feel you have to do something to solve my problem, you have failed me, strange as that may seem.
5 Poor Listening Skills

1. Spacing Out
2. Pretend Listening
3. Selective Listening
4. Word Listening
5. Self-Centered Listening
Spacing Out

What is it?
Pretend Listening

What is it?
Selective Listening

What is it?
Word Listening

What is it?

Do you ever get the feeling they're only half-listening?
Self-Centered Listening

What is it?

The world would be a better place if everybody just thought the way I do.
How do you feel when you are having a bad day and your friends or parents keep asking you what is wrong?

When we are judging what someone is saying, can we truly listen to what is being said? Why or why not?
Quick Check

In your notebook, write down what each of the 5 poor listeners would say in this situation:

Your sister says "I don't like our new school at all. Ever since we moved I've felt like the biggest outcast. I wish I could find some new friends"

Spacing Out
Pretend Listening
Selective Listening
Word Listening
Self Centered Listening
Quick Check

Possible Answers

Spacing Out  "Huh? What did you say?"

Pretend Listening  "Oh yea....uh huh"

Selective Listening  "Outcast...I love that band!"

Word Listening  "You will find friends" (only listening to words - not emotions)

Self-Centered Listening  "I have a bunch of friends! Actually I have a great story about when I first came to this school..."
Genuine Listeners

1) Listen with your eyes, heart, and ears.

53% Body Language
40% Tone/ Feeling
7% Words

The Chinese symbol for the verb “To listen” is comprised of symbols that represent: Ears, Eyes, Heart and Undivided Attention.
Why Tone is Important

Read the following statements and stress the underlined word. How does this change the meaning of the sentence?

I didn't say you had an attitude problem.

I didn't say **YOU** had an attitude problem.

I didn't say you **HAD** an attitude problem.

I didn't say you had an **ATTITUDE** problem.
Genuine Listeners

2) Stand in their shoes

“Until you walk a mile in another man’s moccasins, you can’t imagine the smell”
Robert Byrne
3) Practice Mirroring

Like a mirror, reflect the persons feelings back to them in conversation. It shows you understand them!

Remember to reflect - not mimic. You don't want to repeat everything they say!
Genuine Listeners

Examples of mirroring:

I can see your feeling....

So, what your saying is...

Read example at the bottom of page 173 in the book

Dad and Son Conversation
Quick Check

In your notebook, write down what a GENUINE listener would say in this situation:

Your sister says "I don't like our new school at all. Ever since we moved I've felt like the biggest outcast. I wish I could find some new friends"
Quick Check

Possible Answers

It sounds like you are having a rough time adjusting. Is there anything I can do to help?

I didn't realize you felt excluded at the school. What would make you feel better?

I'm sorry you feel so left out. I can introduce you to some of my friends - they would love you!
ROLE PLAY!

Possible Answers

With a partner you will role play different scenarios, and try to be a genuine listener.

Be prepared to share with the class!
ROLE PLAY!

FRIEND

I'm really worried I am not going to make the football/cheer/debate/chess/basketball etc team. I just don't feel like I am good enough.

PARENT

Mom/Dad I really feel like I am never given any freedom. I feel like you never trust me to do anything!

BOYFRIEND/GIRLFRIEND

You ignore me when your friends are around and it seems like you don't care about me. I feel like I am not special to you.
Homework

Tonight, ask someone who you know might be going through a rough time or someone who is stressed how they are doing. Try to use the listening techniques we discussed today and be ready to report back!