



Grade 7 • Ages 12-14

Active Listening

Understanding why it's important to consciously listen in order to check assumptions, change attitudes and show respect for others.

Unit Objective

Students will demonstrate the ability to engage in active listening as a way to be kind.

Introducing This Unit To Your Students

For the next few weeks, we are going to talk about how we listen carefully. With a partner talk about what it means to listen actively to others.

Allow time for students to share with their partner. You can also use this time to introduce the key Kindness Concepts (caring, compassion, respect, self-discipline) and create community definitions for these concepts or share the definitions listed below. Consider using the [Kindness Concept Posters](#) for caring, compassion, respect and self-discipline as a way to reinforce learning.

Kindness Concepts

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

CARING Feeling and showing concern for others.

COMPASSION Feeling empathy for and wanting to help another in need.

RESPECT Treating people, places, and things with kindness.

SELF-DISCIPLINE Controlling one's words and actions for the benefit of self and others.

Kindness is an intrinsic quality of the heart expressed through an act of benevolence reflecting care and good will for self and others.



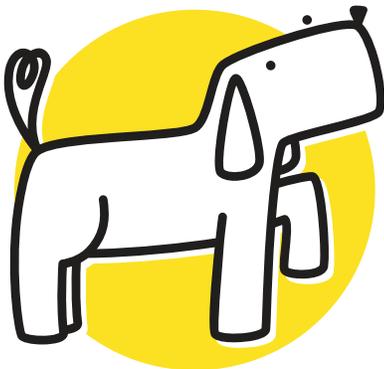
These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

If you have questions or comments, please email us at teacherhelp@randomactsofkindness.org

Unit Lessons

There are four lessons in this unit plus an optional lesson if you have time.

LESSON TITLE	LESSON GOALS	LESSON MATERIALS
Lesson 1: Active Listening	Students will learn the components of active listening and connect them to kindness.	<ul style="list-style-type: none">• Video: "How to be an Active Listener" from Emeroy Bernardo (5 min 30 sec) https://www.youtube.com/watch?v=0eHxNdlyo7g• RAK Journals• Kindness Concept Posters: Caring, Compassion, Respect, Self-Discipline
Lesson 2: What does Listening Mean to You?	Students will make a person connection to listening and explore the value of being a good listener.	<ul style="list-style-type: none">• RAK Journals• Kindness Concept Posters: Respect, Self-Discipline
Lesson 3: "Sounds Like" Game	Students will play a game that demonstrates how distractions make it harder to listen to other people.	<ul style="list-style-type: none">• Before class, record 10 to 15 sounds on your phone or computer or cue sound effects website https://www.audioblocks.com/royalty-free-audio/sound-effects. Make a list of the sounds that you record so that you can keep track. Record each sound twice, with a period of silence between each recording. This period of silence will give you a chance to stop the recording. The sounds can be simple like a car horn honking or more difficult like a garbage disposal. Some examples: alarm clock, computer keyboard, popcorn popping, washing machine agitating, toilet flushing, someone eating a potato chip, a telephone ringing, a pencil sharpener, a lawn mower, etc. Make sure that the sounds get more and more difficult yet are relevant for students.• Paper and pencil or RAK Journal• Kindness Concept Posters: Respect, Self-Discipline
Lesson 4: Active Listening Skills	Students will practice active listening skills with a partner.	<ul style="list-style-type: none">• Active Listening Skills sheet, cut apart before class• Kindness Concept Posters: Respect, Self-Discipline



Unit Notes

The activities in this lesson focus on a central theme and connect to different academic curriculum areas.

The lessons are intended to be easy to teach and fun to use while helping to develop social and emotional skills.

Lesson activities use a variety of modalities to address different learning styles and build on each other.

Each lesson includes choice of evaluation or reflection questions, which can be written, discussed or used as journal entries. Consider writing these on the board before the lesson begins.

The activities also incorporate key Kindness Concepts, which can be introduced before teaching the lesson or as the concepts are discussed in the lesson. Consider displaying the [Kindness Concept Posters](#) during the unit. See the [RAK Educator Guide](#) and [Building Trust in the Classroom](#) for information about using Kindness Concepts to create a healthy classroom environment and help students develop pro-social behaviors.

Each activity includes tips for how to adapt the curriculum to meet the needs of diverse learners.

[The Kindness Tool Kit](#) is another way to meet the needs of diverse learners. See the [RAK Educator Guide](#) for how to create and use this tool kit.

RAK also has developed [Focusing Strategies](#) and [Problem-Solving Strategies](#) to help students better regulate their emotions, think through challenging situations, and build healthy relationships, friendships and community. See the [RAK Educator Guide](#) for more information about incorporating those strategies into the unit.

Establishing kindness as the norm in your classroom positively influences classroom culture. By setting kindness as the expected behavior and having everyone agree to that norm, your students gain responsibility for maintaining an environment that is kind to everyone

Revisiting the topics or questions raised during discussions regularly will expand student understanding of the concepts. Scripted explanations are provided, but feel free to use language that feels natural for you.

The Common Core, 21st Century, SEL and Colorado P-12 Academic Standards met in this unit are listed at the start of each lesson. A [Learning Standards Key](#) is provided on the website for your reference.

