



## Active Listening Unit

Grade 7 • Ages 12-14

### TIME FRAME

Preparation: 10 minutes  
Instruction: 30 minutes

### MATERIALS

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

### LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.7.1 Colorado: Comprehensive Health S.3, GLE.1, EO.a; Reading, Writing and Communicating S.1, GLE.2, EO.b

SEL: Self-awareness, Social awareness, Self-management, Relationship skills

[Learning standards key](#)

# Active Listening

Students will learn the components of active listening and connect them to kindness.

## Lesson Background for Teachers

Article: Promoting Active Listening in the Classroom, by R. M. Jalongo in *Childhood Education*, 72, p. 13-18.

## Key Terms for Students

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

<b>CARING</b>	Feeling and showing concern for others.
<b>COMPASSION</b>	Feeling empathy for and wanting to help another in need.
<b>RESPECT</b>	Treating people, places, and things with kindness.
<b>SELF-DISCIPLINE</b>	Controlling one's words and actions for the benefit of self and others.
<b>ACTIVE LISTENING</b>	Listening with your full attention.

## TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Being allowed to guess and record the answers in their home language and then use a translation program to translate for accuracy. Then ask: "If you are learning a second language it can be easier to listen in your first language. What can you do to help it become easier to listen in a second language?"

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

The **Share** step in the first lesson of each unit is intended to set the tone for teaching kindness.



The RAK paradigm is the framework for teaching and building kindness skills.



## Resources

Article: Become a Better Listener: Active Listening by J.M. Grohol, Psy.D. <http://psychcentral.com/lib/become-a-better-listener-active-listening/>

Article: Active Listening <http://www.skillsyouneed.com/ips/active-listening.html>

### Share (3 mins)

*Tell the person next to you who you can talk to when you have a problem.*

### Inspire

#### Video Clip (6 mins)

*We are going to talk about how to be good listeners. One way to listen well to someone is called active listening. In this video, we are going to learn a bit more about what that means. As you watch the video, write in your RAK Journals the points he lists about being an active listener.*

"How to be an Active Listener" from Emeroy Bernardo (5 min 30 sec) <https://www.youtube.com/watch?v=OeHxNdlyo7g>

### Empower

#### Active Listening (14 mins)

What is active listening? What were the things he listed in the video that were important for being an active listener?

- Ask questions
- Clarify points
- Pay attention
- Use I statements to reflect what they said
- Don't judge
- Don't interrupt
- Respond appropriately – with kindness and understanding

These are all very important parts of being an active listener, but there is also another component to listening. Why do we listen to people? Let's look at our Kindness Concepts and connect them to listening:

- 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.

What do each of these have to do with listening?

#### Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

#### Evaluation Questions

- What is **active listening**?
- What are some things you can do to be an **active listener**?
- How do **caring**, **compassion** and **respect** enhance listening?

### Reflection

- Do you think you are a good listener? Why?
- Think about the person you talk to when you have a problem. What are the qualities that make you want to talk to that person?
- Is there someone who comes to you to talk about their problems? Why do you think that is?

### Summary

*Active listening involves two parties, the speaker and the listener. There are ways we can improve our listening by following the steps outlined in the video. It's kind to listen, especially when we add caring, compassion and respect to our intention when listening.*



### Act (2 mins)

#### Kindness Minute

*We learned today that listening is an act of kindness. Close your eyes and do a check in with your body to see how you are feeling today. Start at the top of your head and move down to your feet. Does anything hurt, does anything feel better than it did yesterday? Listening to ourselves is an act of self kindness?*

#### Kindness in Action

Ask someone to tell you a story. Use the strategies we just talked about to listen to them. Write which strategies you used below.

