

Super Listeners



What is Active Listening?

It means looking at the person talking, not interrupting, and really paying attention to their words.

Active Listening
4th-5th grade

Active Listening vs Passive Listening

Active listening means you are really paying attention—looking at the person, thinking about what they’re saying, and maybe asking questions. **Passive listening** is when you hear the words but aren’t really focusing or trying to understand.

In your own words, why is active listening more effective than passive listening?

1/23 Active listening involves several steps. Number these steps in the order you would do them:

Steps	Order
Responding appropriately to what was said	
Focusing attention on the speaker	
Processing and understanding the message	
Demonstrating your paying attention through body language	
Providing feedback through questions or repeating what was said in your own words	

Verbal Active Listening Skills



Active listeners use specific verbal techniques. Match each technique with its purpose:

Paraphrasing

(A) Restating the message in your own words to confirm understanding

Clarifying questions

(B) Ensures you understand specific points that might be unclear

Summarizing

(C) Encourages the speaker to provide more information and details

Reflection of feelings

(D) Shows understanding of the speaker's emotions, not just their words

Open-ended questions

(E) Condensing the main points of a longer discussion



Different types of questions serve different purposes in active listening. Identify each question type using the techniques you learned above:

"What happened after you got home?"

"Did you feel scared?"

"Can you tell me more about that part?"

"So you're saying the test was unfair?"

"Why do you think your friend reacted that way?"

Nonverbal Active Listening



Our nonverbal cues can either support or contradict our listening. Rate yourself on these nonverbal listening skills:

1 = Needs Improvement

5= Consistent Strength

Area	Rating
Appropriate eye contact	
Attentive posture (leaning slightly forward, facing speaker)	
Nodding and facial expressions that show engagement	
Limited distracting movements or fidgeting	
Removing distractions (putting away devices, etc.)	
Respect for appropriate personal space	

One nonverbal skill I want to improve is:

I can improve this by:



Many things can interfere with active listening. Check the barriers that sometimes affect you. Then, choose one 1 barrier and write a specific strategy to overcame it:

- ☐ **Environmental distractions** (noise, uncomfortable setting)
- ☐ **Physical barriers** (hearing difficulties, tired)
- ☐ **Language barriers** (different languages, unfamiliar vocabulary)
- ☐ **Emotional barriers** (strong feelings about topic or speaker)
- ☐ **Mental barriers** (complex topic, using unfamiliar terms)
- ☐ **Internal distractions** (thinking about other things, daydreaming)
- ☐ **Belief barriers** (prejudging the speaker or message)
- ☐ **Technological distractions** (phones, devices, notifications)

Barrier: _____

Strategy: _____

Active Listening in Different Contexts



We need to adapt our listening approach for different situations. Describe how your listening might change in these contexts:

Learning something new at school:

Supporting a friend who is upset:

Following multi-step directions:

Resolving a conflict:

Listening Practice and Reflection



Set specific goals to improve your active listening:

One specific situation where I want to improve my listening:

The specific listening skills I'll practice in this situation:

How I'll know my listening has improved:
