Title: Listen to me

Exercise Code: SLECC009

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| Modules: | Group size: | Duration: |
| 1. Social Learning | Small group  Large group | 30 min |

# Purpose:

This exercise demonstrates the importance of being a good listener.

# Description:

Ask the participants to think about what it means to be a good listener. Take notes on a flipchart. They might come up with a list like this:

Good listener:

* Eye contact
* Person looks interested
* Person makes comments or asks questions
* They nod and react to what’s being said
* They try to stay on the topic

Bad listener:

* No eye contact
* The person looks bored
* They look at their watch, or at other people
* They don’t say anything… or just say ‘yes’, ‘no’, ‘yes’, ‘no’
* They change the subject to talk about themselves
* They don’t ask questions or they are dismissive

Divide the participants into pairs. One participant should try talking for one minute on a subject, for example, ‘my favourite music’, ‘the issues in the world that I think are most important’, or ‘my religion’.

Their partner should try to look uninterested.

Repeat the exercise, this time the partner should try to be really interested and to listen properly.

Repeat the exercise, swapping roles.

Bring the group back together and ask these questions:

* How did it feel to listen actively to your partner?
* How did it feel when you were being really listened to?
* How did it feel when you weren’t being listened to, was it harder to talk?

# Material:

Flipchart

# Methods:

Experiental learning, discussion

# Source/Literature:

Modified from: Citizenship Foundation, London