



7: The Magic of Active Listening

*A PK-6 Lesson on Paying Attention, Understanding Others,
and Strengthening Communication*



Introduction for the Facilitator

This lesson explores the professional skill of **active listening**, which is the ability to focus fully, listen with care, and respond in ways that show understanding. Active listening isn't just about being quiet while someone speaks. It's about **being present** and using our eyes, ears, minds, and hearts to truly connect with another person.

When students learn to listen actively, they build trust, avoid misunderstandings, and deepen their relationships. This skill is essential for team projects, conflict resolution, and clear communication. It also supports focus, memory, and emotional awareness.

Active listening is part of a student's **personal competitive advantage**—a set of strengths that make them stand out as thoughtful learners, helpful friends, and future professionals. It also connects to their **lifestyle goals**, helping them create a life where they feel heard, understood, and surrounded by meaningful connections.

This lesson includes:

- A relatable Social Story
- 8 Group Discussion Questions with follow-up questions
- 8 Journal Prompts (draw or write)
- 10 engaging classroom Activities
- A printable Worksheet for student reflection and practice

Let's teach our students that listening well is not just polite; it's a powerful way to show care, build confidence, and grow together.



Social Story: *Mateo Learns to Listen with His Whole Self*

Mateo loved to talk. He had funny stories, cool facts, and big ideas. But sometimes, when others were speaking, Mateo's eyes wandered. He would interrupt with something off-topic. And sometimes, his friends looked frustrated.

One afternoon, during library group, his partner Mina was explaining their book project. "And then we can—" she began.



"Wait! What if we use dragons instead?" Mateo blurted out.

Mina sighed. "Mateo, can you let me finish?"

Their teacher, Mr. Park, smiled gently. "Mateo, you have amazing ideas. But great communication starts with great listening."

Mr. Park taught the class about **active listening**, which is listening with our whole body:

- **Body turned toward the speaker**
- **Eyes looking when it feels respectful or comfortable**
- **Ears tuned in**
- **Mouth quiet**
- **Mind focused**
- **Heart open to understanding**

Mateo gave it a try. He faced Mina, nodded while she spoke, and waited until she was done. Then he added his idea—and Mina actually liked it!

From that day on, Mateo practiced listening like a pro. It wasn't always easy, but it made his friendships stronger, his team projects smoother, and his teachers proud. Active listening became part of his **personal competitive advantage**—a skill that helped him live the **lifestyle** he wanted: connected, kind, and full of shared ideas.



Group Discussion Questions

1. What does active listening mean to you?

Follow-up: How is it different from just being quiet?

2. Why is it sometimes hard to listen carefully?

Follow-up: What helps you stay focused when someone is talking?

3. What happens when we interrupt or stop listening?

Follow-up: How does that make the speaker feel?

4. What does your body do when you are truly listening?

Follow-up: What do your eyes, hands, and face look like?

5. What helps you remember what someone said?

Follow-up: How can asking questions show you're listening?

6. Why is active listening important for teamwork?

Follow-up: How does it help people feel included?

7. How can active listening help you grow your personal competitive advantage?

Follow-up: What kind of listener do you want to be known as?

8. How can strong listening skills help you live the lifestyle you want?

Follow-up: What kind of life do you want your listening to help you build?



Journal Prompts

(Students can write or draw their answers based on age and ability.)

1. **Draw or write about a time someone really listened to you. How did it feel?**
2. **What helps you stay focused when someone is speaking?**
3. **Describe how you listen with your eyes, ears, and heart.**
4. **Write or draw the difference between active listening and not really listening.**
5. **What would a “Listening Superhero” do? What powers would they use?**
6. **What’s something you learned by listening carefully?**
7. **How does listening help you build stronger friendships or teamwork?**
8. **How does being a good listener help you grow your personal competitive advantage?**



Activities

1. **Listening Charades**
One student gives clues aloud while another listens and acts them out. Reflect on what made it easier or harder to listen.
2. **Whole Body Listening Poster**
Students create posters showing what each part of their body does when actively listening.
3. **Partner Mirror Talk**
In pairs, one student talks about a topic while the other shows they’re listening without speaking (nodding, facial expressions, eye contact if comfortable).
4. **Listening Detectives**
Read a short story aloud and have students answer questions to check for listening accuracy.
5. **Interrupt vs. Wait Sort**
Students sort phrases into “okay to interrupt” and “wait your turn.” Discuss why timing matters in listening.
6. **Simon Says... with a Twist**
Give detailed directions with emotional tones or gestures. Students must listen closely to follow the full instruction.
7. **Restate Relay**
One student says something, the next person must repeat what they heard before adding their own thought.
8. **Listening Pairs Game**
One partner describes a picture or shape while the other draws it without seeing it. Compare results and reflect.
9. **The Listening Challenge**
Set a daily goal (e.g., “Turn body toward the speaker”) and have students track their effort.
10. **Listening Leadership Role**
Assign rotating classroom jobs like “Listening Leader” who helps remind the group to stay focused during discussions.



My Listening Superpowers

Name: _____

Helpful Words:

- **Active Listening** = giving full attention to understand someone
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers. Use your listening powers to connect with others!

Use the back of this sheet if you need more space.

1. One way I show I'm listening is:

2. Something I heard today that was important is:

3. My eyes, ears, and heart help me listen by:

4. A time I listened really well was:

5. My listening superpower is called:

6. Listening helps me grow my personal competitive advantage by:

7. This is how listening helps me live the lifestyle I want: