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TEACHER GUIDE

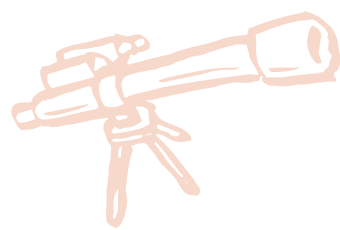
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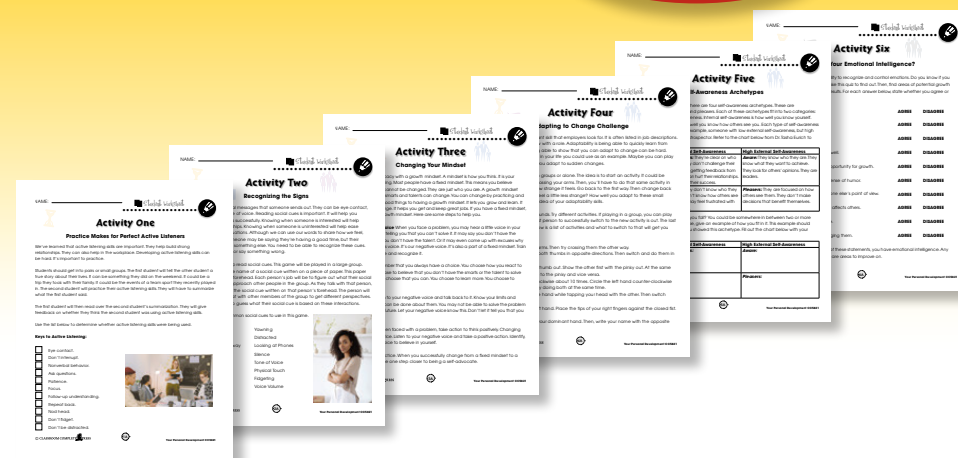
EASY MARKING™ ANSWER KEY 21

MINI POSTERS 23

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Active Listening Skills

1. Chloe is babysitting her little brother. Her mom is showing her how to mash carrots for her brother. Chloe is playing a game on her phone. Is Chloe an active listener? Why or why not?

2. Nevaeh is giving a presentation in class. Celine is looking into her eyes. Celine keeps her hands folded on top of her desk. When Nevaeh is done, Celine raises her hand to ask a question. Is Celine an active listener? Why or why not?



3. Complete each sentence with a word from the list.

listening attention **observing** judgment feedback point of view

- a) Eric was worried about his grandma's _____.
- b) The astronomer was _____ the stars.
- c) Akber was waiting on his teacher's _____.
- d) The book was written in the hero's _____.
- e) Ji-woo's dog was not _____ to her command.
- f) The students were not paying _____ to the film.



Active Listening Skills

Active listening is **listening, observing** and providing **feedback**. In other words, you are giving the speaker your full attention. You are taking in what they are saying. Then, you are giving them helpful feedback on what they have just said. There are three key areas of active listening. These will help you become a better listener.

1. Paying Attention	You are not distracted. Don't interrupt. Look the speaker in the eyes. You are showing that you're listening. The speaker feels important. You understand what is being said. You understand the speaker's point of view.
2. Providing Feedback	Be positive. Be specific. Describe how you feel about what was said. Ask questions.
3. Deferring Judgment	Keep your opinions to yourself. Be kind and understanding. Offer support. Only offer advice if it's asked for.

David is talking to Yui. Yui is looking into David's eyes. She keeps her body facing his and nods along. She waits for him to finish before speaking. Yui asks David a question about something he just said.

Yui is practicing active listening. What techniques does Yui use for active listening?

- Eye contact
- Don't interrupt
- Ask questions (shows interest)
- Patience
- Nonverbal behavior (body language)



Active Listening Skills

1. Read the scenarios below. Are they examples of good active listening? Explain why or why not for each.

- a) Mia is talking to her friend Do-woon. Mia is having a problem with their other friend, Abeba. Do-woon is facing his friend and looking in her eyes. He nods along but is thinking about the class they just had. He is worried about the amount of homework he has to do tonight.

- b) Alix has just joined the soccer team. She doesn't know anyone. Maya comes over and introduces herself. Alix smiles and looks Maya in the eyes. Maya talks about her love of sports and why she joined the team. She goes on to talk about some of the friends she's made on the team. Alix listens to every detail and waits for Maya to finish before speaking.

- c) Xiu is the lead on a new project at work. He is a bit overwhelmed by the new responsibilities. Landon works with him. He notices Xiu is nervous. Landon tries to talk to Xiu to try to calm him down and offer support. Xiu tells Landon about his worries. Landon listens and waits for Xiu to finish his thought. When he's done, Landon tells him what he would do in his situation. Xiu doesn't like Landon's ideas and walks away.

Active Listening Skills

3. Read through the conversation below. How can you apply active listening to this scenario? Re-create this conversation with a partner using active listening skills.

Speaker: I had a fight with my mom last night.

Listener: (looking down at phone) Oh that's nice!

Speaker: No it's not. I'm really upset about it. I'm not sure how to approach the situation and...

Listener: I think you should just ignore it and wait for your mom to apologize. Let's go get some food.

Graphic Organizer

4. Use the graphic organizer on page 12 to identify all the parts of the body that are used for active listening.

Active listening doesn't just happen in the ears. It uses the entire body. For example, the eyes are used for active listening by keeping eye contact with the speaker. The graphic organizer shows a person's body. Each part of the body is labeled. For each body part, explain how it is used for active listening.



Research a Self-Advocate in History

There are plenty of examples of people throughout history who were self-advocates. Someone who had to stand up for themselves. Someone who had to stand up for their work. For example, when Rosa Parks sat down on the bus. Or further back, when Galileo was put under house arrest for claiming that the Earth went around the sun.

Do some research. Find another example of someone in history who was a self-advocate. Imagine you are able to interview this person. Using the questions below, imagine what this person's answers might be.

1. What is your name? What did you self-advocate for?

2. What were your rights?

3. Were you scared at any time? What feelings did you have?

4. What were your needs? How did you get what you need?

5. What were your strengths? What were your weaknesses?

6. What challenges did you face?



Crossword Puzzle!

Across

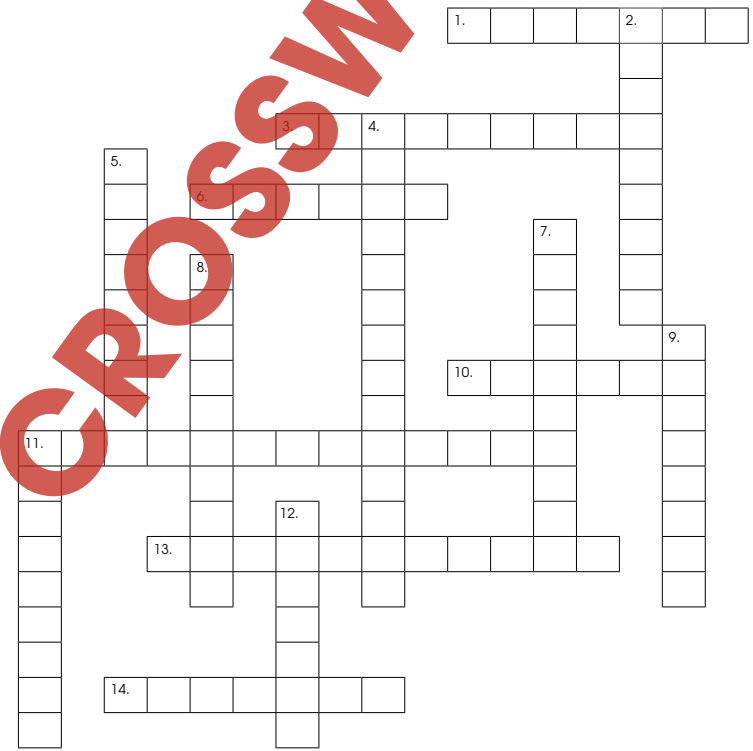
1. Feeling scared or worried.
3. To not hold back when voicing your feelings.
6. Someone who is self-aware is usually _____.
10. Being able to identify with someone or something.
11. The adaptability skill that means you welcome others' ideas.
13. Understanding someone's _____ will lead to strong relationships.
14. Cognitive, emotional and compassionate are three types of what?

Down

2. Paying attention to things around you.
4. The second area of emotional intelligence is _____.
5. What kind of communication involves gestures?
7. The adaptability skill that means you take criticism well.
8. This area of emotional intelligence means you are eager to take on new challenges.
9. When active listening, it's important to give helpful _____.
11. You must be _____ in yourself to make your own decisions.
12. When you worry about how others see you, _____.

Word List

anxiety
assertive
collaborative
confident
empathy
feedback
humble
motivation
nervous
nonverbal
observing
point of view
relate
resilience
self-regulation



Comprehension Quiz

Part A

Circle **TRUE** if the statement is TRUE or **FALSE** if it is FALSE.

- TRUE FALSE** a) When someone interrupts you, you should get angry.
- TRUE FALSE** b) Knowing yourself will allow you to know your limits and lead to self-awareness.
- TRUE FALSE** c) You can show adaptability by taking risks.
- TRUE FALSE** d) Researchers estimate that we become self-aware at 18 years old.
- TRUE FALSE** e) If you have emotional intelligence, you can recognize your own emotions, but not those of others.
- TRUE FALSE** f) Self-regulation means you don't overreact to things.

Part B

Put a checkmark (✓) next to the answer that is most correct.

- What is active listening?
 - A Listening.
 - B Observing.
 - C Providing feedback.
 - D All of the above.
- What is NOT a part of self-advocacy?
 - A Knowing yourself.
 - B Knowing the future.
 - C Knowing your needs.
 - D Knowing how to get what you need.

SUBTOTAL: /8

Talking Cues

The following talking cues will help with active listening.

"I learned that..."

"I agree because..."

"I feel..."

"Did you mean...?"

"I don't understand..."

"It sounds like you're saying..."

"In other words,..."



Active Listening Skills



1. Read the scenarios below. Are they examples of good active listening? Explain why or why not for each.

a) Mía is talking to her friend Do-woon. Mía is having a problem with their other friend, Abeba. Do-woon is facing his friend and looking in her eyes. He nods along but is thinking about the class they just had. He is worried about the amount of homework he has to do tonight.

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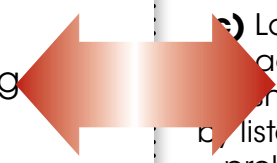
c) Xiu is the lead on a new project at work. He is a bit overwhelmed by the new responsibilities. Landon works with him. He notices Xiu is nervous. Landon tries to talk to Xiu to try to calm him down and offer support. Xiu tells Landon about his worries. Landon listens and waits for Xiu to finish his thought. When he's done, Landon tells him what he would do in his situation. Xiu doesn't like Landon's ideas and walks away.

1.

a) Do-woon is not an active listener. Although his body language is good, he is distracted and not paying attention to Mía.

b) Alix is a good active listener. She is friendly and pays attention to Maya. She doesn't interrupt and shows patience for her turn to talk.

c) Landon is not an active listener. He shows support by listening to Xiu's problems. He is patient and waits for Xiu to finish before providing feedback. However, the feedback he provides Xiu is not positive. Xiu is not an active listener. When he receives Landon's feedback, instead of sharing his feelings about it, he walks away.



EASY MARKING ANSWER KEY





Active Listening Skills

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“I agree because...”

“I feel...”

“Did you mean...?”

“I don’t understand...”

“It sounds like you’re saying...”

“In other words...”