

### **Teachers/Facilitators:**

This activity is designed to support social/emotional learning and classroom community-building. Students will explore meaningful moments in their lives and share them with thoughtful listener. Students will also be able to express their preferences regarding the kind of active listening interaction they wish to have.

- ❖ Set up the classroom in a “speed dating” format. Ideally this should be a circle, but you may need to make adaptations depending on your classroom size and layout.
- ❖ Have half the students remain in place and half the students rotate around the room.
- ❖ You will need a timer. Set the timer for 5 minutes.
- ❖ At each listening/sharing station, place one cut-out “ear” card, one copy of the activity guide, and one copy of the prompts guide.
- ❖ Regarding the prompts: you can either place a full sheet at each station and let students freely choose the prompt they want to speak from, *OR* you can cut out the prompts, place them in a basket or cup, and have students randomly draw a prompt.
- ❖ When students come in, you can either let them freely choose seating arrangements or specifically assign seating, depending on your class dynamic. If you choose to assign seating, it may be easiest to do so by giving each student either a: a number 1 or 2 or b: a color green or purple.
- ❖ One student will take the role of listener and one student will take the role of sharer.
- ❖ The sharer will select the active listening approach that they prefer the listener to use. The listener must respect the sharer’s choice.
- ❖ Set the timer for 5 minutes. The sharer may speak until the timer goes off. When the timer goes off, the students will switch roles. When the timer goes off a second time, the rotating students will stand and switch seats with another student. They can rotate around or mingle randomly--you should consider which style will work for your classroom and student group.
- ❖ When the activity is completed depends on your preference--you can have the students do a full rotation so that everyone talks to one another, or you can stop the activity after a designated amount of time.

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**Activity Guide:**

**Sharers:** Choose how you would like your listening partner to respond by placing the ear on top of a listening approach.

**Listeners:** Follow the listening approach chosen by the sharer. When the timer rings, thank them for sharing.

Freestyle

Advice,  
questions,  
comments

Offering relevant  
commentary

Neutral verbal responses  
(Yes/I understand/  
Tell me more)

Silence

Nonverbal responses  
(Mmhmm, nodding, etc.)



## Prompts

<b>Share a time when you felt heard by someone in your life.</b>	<b>Share a feeling you experienced this week and why you had that feeling.</b>	<b>Share a time when you felt valued by someone.</b>
<b>Share a time when you did not feel heard by someone in your life.</b>	<b>Share a feeling that you caused someone else to experience and how/why.</b>	<b>Share a time when you did not feel valued by someone.</b>
<b>Share about a day or event that changed your life or perspective.</b>	<b>Share about an important lesson you learned from someone.</b>	<b>Freestyle share</b>

<b>Share about a kind action that someone did for you.</b>	<b>Share about a kind action that you did for someone else.</b>	<b>Share what you consider to be your culture and something you value about it.</b>
<b>Share about a challenge you have experienced with your culture.</b>	<b>Share something you want to learn or understand about another culture.</b>	<b>Share how you began to understand that you were part of a culture when you were a young child.</b>
<b>Share about a unique or special aspect of your culture.</b>	<b>Share what you hope the world will look like in 10 years.</b>	<b>Share what you hope the world will look like in 100 years.</b>