



Active Listening

Learning Objective



I can use active listening strategies.



When people talk,
listen completely.

– Ernest Hemingway

What do active listeners do?

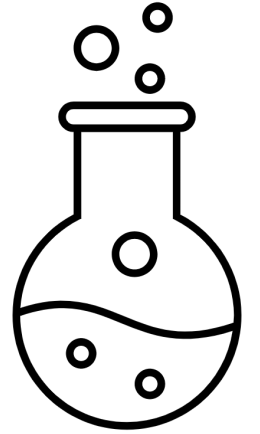


Is he
listening
actively?

How do
you
know?



RASA is the Sanskrit word for “essence.” It shows us the essence of good listening.



RASA



Receive

Pay attention, nod

Appreciate

“Oh” “Mhmm” “No Way!”

Summarize

“So, what you’re saying is...”

Ask

Ask questions after

Let's Practise



Choose one of the topics below and speak to your partner for **1 minute**. Your partner will practise active listening. Then, change roles and repeat the activity.

Talk about:

- Your best friend
- The best gift you ever gave to someone
- Your happiest memory
- Your favourite book
- A day you spent in nature

Reflective Journal Writing



1. Which strategies did you use to listen actively to your partner?
2. How did you feel when your partner did or didn't listen actively?
3. Why do you think it is important to be an active listener?
4. What could you do to be a better active listener?