

### **Listening Exercise #1 –The experience of Listening (15-20 minutes only!)**

1. Subdivide into pairs and pick one person to be the speaker and the other the listener
2. The speaker will initially spend two minutes talking about something important—for example:  
Job, family, a vacation, hobby, an important decision
3. The listener is not allowed to speak at all!
4. On the two minute mark the speaker will become the listener and the listener the speaker. The same rules apply

**\*\*\*BRAINSTORM FOR 5-10 MIN ABOUT HOW IT FELT TO BE THE SPEAKER AND LISTENER\*\*\*\*\***

### **Listening Exercise # 2: Non Verbal Listening Exercise—Emotion Charades (15-20 minutes)**

Everyone will receive an emotion card. Please keep this to yourself and do not share with your group. Each person will have one minute to act out the emotion. We will let you know when to switch. If you guess the emotion prior to the minute expiring, please wait until time is called. The group will try to guess the emotion expressed without the actor speaking. This is charades!

### **Listening Exercise #3—Skill Building! (15-20 minutes at most)**

1. Put yourselves back into your pairs of two and identify who will start as the speaker and who will listen. You will each have 1 1/2 minutes each for each scenario. (3 min)
  - a. The speaker will first talk about *why listening is important*. The listener will intentionally display poor listening skills and be uninterested. Switch roles.(3 min)
  - b. The speaker will next talk about *how you listen and some of the non-verbal cues used*. The listener will intentionally display non-verbal listening skills (focus on your posture, gestures, etc.) without speaking. Switch roles. (3 min)
  - c. Lastly the speaker will talk about *what improvements/changes you will make when communicating with another person*. The listener can speak and provide feedback when they feel appropriate. Remember to use paraphrasing, emotional feedback, I statements, and open questions. (3 min)