



Name: _____

Class: _____ Date: _____

Becoming a Better Listener

An activity of "Try becoming a better listener".

Being a good listener not only prevents misunderstandings, but it also helps us build deeper relationships with our friends and family. Read "Try becoming a better listener" (page 21, *What's Up* February 2026) to find out more about listening.

ON YOUR OWN

A) Use the *What's Up* story to help you fill the table with the appropriate responses. There can be more than one good response for each.

"Really?" "Don't worry. It's normal to feel this way." "How sad."

"You've given me a lot to think about." "Wow!" "Oh, no!"

"When you say..., do you mean...?" "I appreciate you telling me this."

How to respond to show that you are listening:
How to respond when you want to check your understanding of what is being said:
How you can affirm the speaker:

IN PAIRS

B) Role play these two scenarios:

Round 1 - One of you acts as the Speaker and the other the Listener. The Speaker comes up with a make-believe difficult situation and shares it with the Listener. The Listener practices by listening and making appropriate responses.

Round 2: Switch roles using a different make-believe situation.

C) Share with your partner:

- What did it feel like to be listened to?
- When listening, what was your experience of responding?