

# LISTENING EXPERIMENT



#1. Face the person and **keep** eye *contact*.  
**try this:** nod or *smile* so they know you are listening.

#2. **WAIT** until the *other person* is done talking **without** *interrupting* to say your thoughts!

(Count a 3 second breath after they are done and then you begin)

## #3. Verbal/ Non-Verbal

Use the right volume.  
(speak clear and don't yell)

Use the right facial expressions.  
(happy look happy, mad look mad)

Use correct words and motions.

## #4. Be **honest** and **kind**.

Say what you mean and  
mean what you say. *If  
you don't have  
anything nice to say;  
say nothing at all.*

#5. If you don't  
understand:

Politely ask direct  
questions so you  
do understand.

*Listening* is an **art**,  
not only heard with  
the ears but felt  
with the **heart**.

#6. **Finally: Retell** in short form in your *own* words what they were  
saying so they know you heard and that you understand them.

Day 1: What do you think is most interesting part of the experiment? \_\_\_\_\_

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Day 2: What part of the experiment is the easiest? \_\_\_\_\_

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Day 3: What part of the experiment is the most difficult? \_\_\_\_\_

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Day 4:

What is the most useful part of the experiment? \_\_\_\_\_

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Day 5: Do you think that you learned anything from this experiment? What did you learn? How is it helping in your day? \_\_\_\_\_

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