



What it means to be heard

The skill of hosting conversations · name: _____ · date: _____



Many conversations happen beside notifications, tiredness and the pressure to prepare a reply. Listening well means giving enough attention to understand what another person is trying to say. It will not settle every disagreement. It can make a conversation more accurate and more human.

What we are practising

By the end of this lesson, you can listen for a sustained turn, reflect back what they heard and identify something that pulls attention away.

During the activity

An uninterrupted 90 seconds: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

Explain how listening for an uninterrupted 90 seconds before reflecting back puts listening into practice, and name one common thing that pulls attention away.

Exit ticket · What it means to be heard

What does the lesson say listening well means?

- a) Giving enough attention to understand what another person is trying to say
- b) Agreeing with everything the other person says
- c) Planning a clever reply while they talk
- d) Settling every disagreement

I can listen to a partner for a sustained turn without interrupting, reflect back what they said, and name one common thing that pulls attention away from listening.

☐ more than before ☐ about the same

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