

ACTIVE LISTENING

Listening is not just about hearing.
It is a skill we all need to learn and practice.

Signs of active listening

Face is showing interest

Eyes are on the speaker

Hands are not moving

Good body posture

Mind is focussed on the Subject

Feet are on the ground

**LISTENING
BRINGS PARENTS
AND CHILDREN
CLOSER
TOGETHER.**

Techniques to encourage active listening

Minimise distractions

Reduce background noise by lowering the volume of the TV or radio before speaking. A quiet environment helps focus attention on the speaker.

Encourage eye contact

Gently prompt the listener to look at the speaker. This helps with engagement & improves understanding.

Pause activities

Ask the listener to stop what they're doing so they can fully attend to your instructions.

Check for understanding

Ask questions or invite the listener to repeat back what they heard. This ensures clarity & gives you a chance to correct any misunderstandings.

Use gentle physical cues

A light touch on the shoulder or hand can help draw attention & reinforce connection, especially when asking for feedback or redirecting focus.

Active listeners:



Understand school lessons better.



Know how to listen and be a good friend.



Learn to express feelings in a healthy way.



Follow instructions and understand rules.

