

Active Listening

Active listening is paying close attention when someone is talking, showing you're interested, and responding in a way that shows you understand! It's being a good listener!



Make good eye contact while listening.



Face the speaker and show you're interested by nodding and being attentive.



Wait until the speaker is finished before responding.



Ask questions to show that you are interested and listening.



Give feedback, respond thoughtfully, and acknowledge feelings. Saying something like, "I understand," lets the speaker know that you are listening!