

Full Name:	Grade: 5	Section:	Date:
Subject: SEL [Social-Emotional Learning]		Worksheet – Communication Skills (Good vs. Poor Listening)	



GOOD VS. POOR LISTENING

Identify which ones describe Good or Poor listening skills

Good listening skills are when you make the other person feel like you understand and care about what they are saying.

Poor listening skills are when the other person feels like you don't care about what they have to say.

Write a "G" for the Good listening skills and a "P" for Poor listening skills!

- _____ Making good eye contact
- _____ Looking interested in the conversation
- _____ Interrupting as they are talking
- _____ Staying focused on the conversation
- _____ Being distracted by everything going on in the room
- _____ Making a comment that has nothing to do with the conversation
- _____ Smiling and nodding as they are speaking
- _____ Slouching in your chair
- _____ Remembering what they say and repeating some of it back to them
- _____ Yawning and telling them how bored you are
- _____ Encouraging them to keep talking
- _____ Ending the conversation quickly

Do you think you have Good or Poor listening skills?

Active Listening

Active listening is when you use your body language and words to **SHOW** someone that you are listening to them. When we actively listen, the person who is talking feels like you understand and care about what they are saying to you.

Color the actions that show “**active listening**” in **green**, and color the actions that show “**poor listening**” in **red**.

