



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

Listening Skills



Put a check mark next to the things that a good listener does.



1. Look people in the eyes when they talk to you. _____
2. Watch people's facial expressions to better understand them. _____
3. Make up my mind about before they are finished speaking. _____
4. Try to understand the other person's point of view. _____
5. Do not interrupt. _____
6. Wait until the other person pauses before you ask questions. _____
7. Do something else while the other person is speaking. _____
8. Give the other person your complete attention. _____
9. Pay attention so you can remember what was said. _____
10. Keep an open mind while listening. _____
11. Blur out questions as you have them. _____
12. Let the other person know as soon as they say something you disagree with. _____

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**

MAKING EYE CONTACT SMILING NODDING SAYING “UH HUH” AND “GO ON”

BEING DISTRACTED CHANGING THE SUBJECT LOOKING AWAY

FIDGETING

LOOKING INTERESTED

SCOWLING AT THEM

FROWNING LISTENING

ASKING QUESTIONS

INTERRUPTING SITTING UP

STANDING TOO CLOSE OR TOO FAR AWAY REMEMBERING WHAT THEY SAY

STAYING FOCUSED HAVING A BORED LOOK ON YOUR FACE MAKING FUN OF THEM

WALKING AWAY AS THEY'RE TALKING LETTING THEM FINISH TALKING

YAWNING ROLLING YOUR EYES

