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



## 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**

