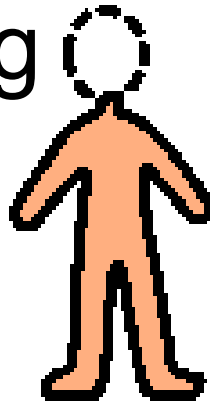


Whole Body Listening

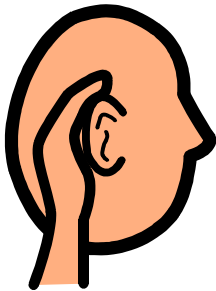


listen with your heart

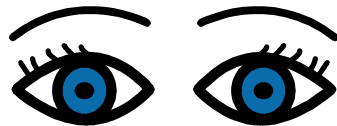


care about what the speaker is saying

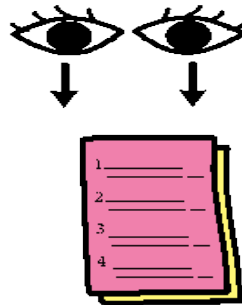
listen to the speaker



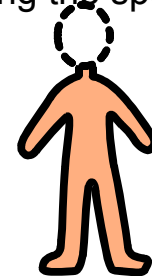
look at the speaker



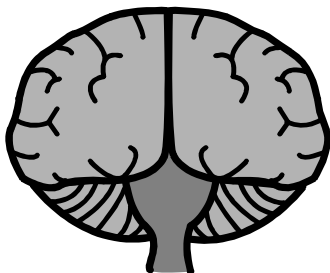
look at the work



body facing the speaker



listen with your brain

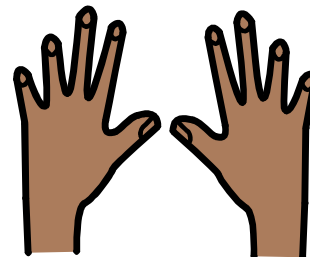


think about the work

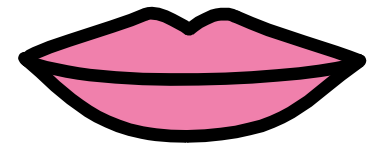
keep your body still



keep hands still



mouth closed and quiet



no talking, humming, or making noise