

Empathic Listening

3rd Grade

Lesson 5

Whole Body Listening

ears are
listening

eyes are
looking



hands
are down
and still

feet are
down
and still

I am proud when I use
Whole Body Listening!

Essential Question

- What roadblocks get in the way of you being an empathic listener?



Empathic Listening

- Also called active listening or reflective listening
- Is a way of listening and responding to another person that improves your communication with others and helps build trust
- Helps the listener to understand and interpret the speaker's message and give an appropriate response

When we are an empathic listener, we let the speaker know:

- “I understand your problem and how you feel about it”
- “I am interested in what you are saying and not judging you”

Guidelines for Empathic Listening

- Be attentive and not distracted.
- Be a sounding board – Let the speaker bounce ideas and feelings off of you
- Ask questions but not too many
- Act like a mirror
- Show you are listening – say “uh huh” and use head nods

Is she show empathic listening?

If the person talking could see her what would they think?



What is different about the way the doctor is listening? How does the patient feel?



Talk Show Host

Tell your partner of one accomplishment that you have made.

Listener, try to keep the conversation going by listening empathically.



Ground Rules to Remember

- Don't interrupt or change the subject
- Give your un-divided attention
- Read the speaker. Observe the emotions behind their words
- Don't give advice unless the speaker asks for it
- Assure the speaker you understand her and how she feels

Complete the Roadblock Sheet

WORKSHEET 4.1

ROADBLOCKS TO EMPATHIC LISTENING

Directions: There are lots of "roadblocks" (things that get in the way) to empathic listening. Look at the list of behaviors that get in the way of empathic listening on the left. Decide which three (3) you have the most trouble with and write those on the roadblock signs on the right. Then answer the question below.

- Getting distracted
- Changing the subject
- Finishing the speaker's sentences
- Daydreaming
- Wanting to give advice
- Making a joke out of what the speaker says
- Remembering your own experiences with what the speaker is talking about
- Thinking that what the person says is stupid or boring
- Planning what to say next
- Believing that you are right

EMPATHIC LISTENING

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What is your plan for taking these roadblocks out of the way of your empathic listening?