**Activity E**

**Listening is Important!**

For this activity students will pair up and stand back to back. One student will talk for 30 seconds about what they did last weekend while the other person listens. Then the two switch roles. Stands cannot look at each other, make physical contact, or ask each other questions.

They will then answer the following questions:

* What did this feel like?
* Did this way of speaking feel natural? Why/why not?
* Did you feel like you missed anything in what the other person said?
* Is it important to see the person as you are talking to them? Why/why not?

This activity is showcasing how important it is to look at a person while talking/listening. You can pick up on non-verbal cues as well as fully understand what is being said.

**Remember:**

* Taking time to fully listen to the other person is important to every type of communication.
* People’s emotions run high and both parties have to be heard in order to be able to solve the conflict.
* There are important things you should do when the other person is speaking (eye contact, nodding, repeating back what you heard, etc)