**Activity F**

**Listen Hear!**

For this activity students will be holding a piece of paper and with their eyes closed following the instructor’s instructions.

* NO PEAKING and NO ASKING QUESTIONS. Then relay the following instructions:
1. The first thing I want you to do is fold your sheet of paper in half
2. Now, tear off the upper right hand corner
3. Fold the paper in half again and tear off the upper left hand corner of the sheet
4. Fold it in half again
5. Now tear off the lower right hand corner of the sheet.
* Once done the students will open their eyes and unfold the paper. When students compare they will realize they are all different. Why is this?
* It is important to remember that part of the communication process is recognizing that people may need to receive information in different ways in order to be successful. For example, how one person hears instructions or a request may not be how another person, or even yourself, would hear them!
* The need for good two-way communication is essential at home, work, and in the community with friends. If we are communicating well then we can avoid misunderstandings and disagreements. While we must be good communicators we must also be good listeners.

**Tips for good communication:**

1. Make eye contact for 2 or 3 seconds at a time so the other person knows you are listening and interested.

2. Nod and say ok after the person makes a point to show you have heard them.

3. Summarize what the other person has said to you when they finish talking.

Doing these things shows the other person you are listening. You should pay attention to what the other person is saying to you. Do not concentrate on what you are going to say next while the other person is talking. When the other person has finished talking and you have summarized what they said to you wait a second to see if the person is going to say anything else, if they are done then you can say what you want.