



TODAY'S TOPIC:
Listening

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

When you talk, who are some of the people who listen to you?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • An online search to find sounds where you have to guess what it is. 	Know the difference between hearing and listening.

ACTIVITY: Play a game of “Telephone”. The teacher will start. Whisper a message in one child's ear and ask them to pass the message to the child next to him. The message has to pass from one child to another until the last child whispers it back into your ear. Reveal the message that you told the first child and the one you heard from the last child. Some suggestions: Pass me the potatoes. Elephants have six toes. It is fun to swim in spaghetti.

ALTERNATE ACITIVITY: Listen to some sounds online, and guess what you are hearing.

SAY: To play that game, we had to use our ears and really listen and it was still hard to understand! Your ears are really important to be able to understand other people. We should point out that if your hearing is challenged in some way and you are not able to hear, your other senses get even stronger. But if you are able to hear, almost half your communication time is spent listening.

ASK: We use the words “listening” and “hearing” a lot when we talk about our ears. What is the difference between listening and hearing? Take all answers.

Hearing – the sounds go in but you do not always pay attention or care about the sounds.

Listening – Requires focus, actively try to hear and understand, key for communication, gives you information to make decisions, helps you learn things. Uses your ears and your brain and your heart.

ASK: Which is more important, hearing or listening? Listening helps you understand people and what they are feeling and thinking. Understanding other people is really important so that we do not have confusion and disagreements and we can show we care about others enough to listen and understand.

ASK: What do we use to listen? (Our ears.) But listening uses your other senses too. You can hear what someone is saying but you can also use your eyes to see how they acting and feeling or your hands to touch the things they are talking about. Example – your friend says they are fine and happy but they look and act sad. If you are actively listening, you might ask more questions to be sure they are okay.

SAY: Being a good listener is not always easy. Sometimes we hear what we want to hear and not what is actually being said. Maybe you are doing more than one thing, like watching TV and playing with your toys and your brother or sister. Or maybe you don't care about what you are hearing so you stop listening. Or when you get tired it can be hard to listen.

ASK: What are some WAYS TO BE A GOOD LISTENER?

- Make eye contact – look people in the eye when they are talking.
- Sit up straight – this reminds your body and brain to pay attention.
- Don't interrupt – this shows you are interested and you care enough to wait for someone to finish.
- Ask questions – to make sure you understand what you hear

ASK: WHY BE A GOOD LISTENER?

- You should listen to others so they will also listen to you.
- You better understand other people so you are less likely to get mad at each other.
- It is also a way to make and keep friends.
- And it makes your whole body healthier.
- Use your heart while you listen.

GAME: Clap a Rhythm. One person will clap you and the rest can repeat what they hear. This can be teacher led, or kids can take turns creating a clap for the class to repeat.

AFFIRMATION – I pause and listen mindfully. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .