

# Active listening...

Listening is one of the most important skills in your peacemaking toolbox! As you work to bring peace and justice to your community, you will likely encounter many people with different perspectives and experiences. *Active listening* is a set of skills that will help you show others that you hear them, and that you're ready to learn from them.

## looks like:

- ★ Making eye contact and nodding to show you are paying attention.
- ★ Having open body language (facing the speaker, uncrossing your arms, and having a kind facial expression).
- ★ Focusing your full attention by sitting still and putting away any distractions.
- ★ Paying attention to the speaker's facial expression to understand what they are feeling.

## sounds like:

- ★ Finding a quiet space to talk with the other person.
- ★ Asking questions to learn more ("Can you tell me more about...?" "How did...make you feel?").
- ★ Reflecting the speaker's emotions ("It sounds like you feel...").
- ★ Thanking the speaker for sharing their experiences with you.

## feels like:

- ★ Staying calm, even if you disagree with the other person.
- ★ Noticing *your* feelings and reactions, and making sure you take care of yourself.
- ★ Putting yourself in the other person's shoes (How does it feel to be them?).
- ★ Keeping an open mind, and knowing that everyone has something important to offer.

Ready to practice with a friend? Try playing Draw What I Draw – [click here!](#)