



WHOLE-BODY LISTENING

Listening with your whole body helps both you and your classmates learn, have fun, and stay safe at school. Here are the five parts of whole-body listening:



I listen with my ears.

There is a big difference between **hearing** and **listening**. You listen with your ears when you **actively pay attention** to the speaker.



I listen with my eyes.

Turning your **body** and **your eyes towards the speaker** lets them know that you are **ready to listen** to what they have to say.



I listen with my mouth.

When the speaker is talking, **do not speak** so that you can hear any **important instructions**, help **others** listen, and **be polite**.



I listen with my mind.

As the speaker shares what they have to say, **think** about what they are saying and **be ready to ask good questions**.



I listen with my heart.

Show the speaker that you **care**. You can do this through your **body language**, **facial expressions**, and **tone** when you respond.