

WHOLE BODY LISTENING



Listening with our EARS:

Using our ears to listen to the words of the one speaking.



Listening with our EYES:

Using our eyes to look at the person who is talking.



Listening with our BRAIN:

Using our brain to process and understand what we are hearing.



Listening with our MOUTH:

Using control to keep our mouths quiet so that other parts of our body can listen well.



Listening with our HEART:

Using our heart to show empathy and learn from the perspective of others.



Listening with our HANDS:

Keeping our hands quiet and still to maximize our ability to listen with our whole body.



Listening with our FEET:

Keeping our feet still so we stay present to hear what is being said.

