Active Listening Scenarios

Non-Verbal Communication: "Death of a Family Dog "
Scenario: Miguel and his family put down their 15-year old dog last night since his dog had been very sick for a while. Miguel wanted to take the day off of school but his parents told him that he would still have to go. Since getting to school, Miguel hasn't talked much and has kept his head down, walking through the halls. Jess, a friend, notices at the lunch table that Miguel is not saying anything and asks, "What's wrong?"

As Jess, practice the skill of non-verbal communication when listening to Miguel's situation.

Mirroring (Reframing): "Lost Jewelry"
Scenario: Desirae and Elizabeth are walking to the school parking lot after classes, when Desirae stops and starts to look around frantically, realizing she lost her heirloom necklace from her grandma. She quickly starts to panic and does not want to leave until she finds the necklace.

As Elizabeth, practice the skill of mirroring (reframing) when listening to Desirae's situation.

Neutral Language: "The Friend Breakup"
Scenario: Ally, Meghan, and Jade have been friends since the start of high school. Recently there was some drama between Ally and Meghan, to the point where they are not speaking to each other. Jade has found herself caught in the middle on multiple occasions but Tuesday study hall was particularly awkward. Meghan starts talking to Jade about Ally in a negative light and Jade carefully tries to navigate the conversation where she is a neutral party versus only siding with Meghan.

As Jade, practice the skill of neutral language when listening to Meghan's situation.

Open-Ended vs. Close-Ended questions: "A Sad Day"
Scenario: Lily and Parker are good friends and have a couple of classes together, including 4th period English. When Parker walks into class, he sees Lily at her desk with her head down, a trait that is pretty uncharacteristic of her. Parker quickly asks Lily questions about her day to figure out how best to be a good friend to her.

As Parker, practice the skill of open-ended vs. close-ended questions when listening to Lily's situation.