Activities BOX

Animals in ‘Venice’

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As humans, we naturally want to be heard, but sometimes it’s hard to know how to listen to others. That’s where listening skills come in. In this板块, learn more about how to listen effectively, whether you’re speaking with a friend, a family member, or even a stranger.

How to Listen, Samaritans’ new guide

Samaritans volunteers use to remind you of the key points.

Body Language

We are constantly sending messages through our body language. Whether it’s through gestures, facial expressions, or even the way we carry ourselves, others can read these signals to understand our state of mind. To be a better listener, it’s important to pay attention to your body language. It can provide clues that someone is maybe feeling anxious, or that they need some space. By being aware of these signals, you can respond in a way that makes others feel more comfortable and understood.

Try sitting at a 90-degree angle when having conversations. Lean forward slightly to show engagement, but remember to maintain eye contact. This helps to establish trust and create a comfortable atmosphere. If you need to give someone space, it’s okay to move back a bit, but make sure to do so in a respectful manner.

Use Open Questions

When speaking with others, try to ask open-ended questions. They not only encourage the person to share more but also allow you to gain deeper insights into their thoughts and feelings. For example, instead of saying, “Did you enjoy the movie?” ask, “What did you think about the movie?” This opens the door to a more in-depth conversation and allows you to understand their perspective more fully.

Useangoing to get someone to focus on their feelings. For example, you might say, “I can see you're upset. Can you tell me more about what’s going on?” This shows support and empathy, which can be very validating for others.

Say It Back

When someone shares their thoughts or feelings, it’s important to acknowledge them. Say it back by repeating the main points or summarizing what they’ve said. This confirms that you heard and understood their message and shows your support.

Don’t Say...

It’s important to avoid interrupting or cutting someone off mid-sentence. It shows that you’re not fully engaged in the conversation and may make them feel dismissed. Instead, wait for them to finish speaking before responding. This demonstrates that you value their thoughts and are committed to understanding their perspective fully.

What Causes Rivalry?

Siblings often compete in some area of their lives. Researchers believe it has to do with the development of a bonding mechanism in early childhood.

Stay Healthy

Pot Carrot

Brussels sprouts are a popular winter vegetable that’s high in vitamin K. They help to strengthen bones and improve blood clotting. They’re also rich in fiber, making them a great addition to any diet.

Stay Healthy – DAILY MIRROR

FIND THE ANSWERS TO THESE QUESTIONS!

- What is Dalkhoda’s job? A. Fox B. Hyena
- What is Yousuf’s job? A. Bear B. Monkey
- Which of these, according to Shakespeare, makes some people ‘mad’? A. Dog B. Hyena
- Which of the following is not a member of the vitamin B complex? A. Riboflavin B. Folic Acid
- Who directed India’s first tech-comedy film? A. Dehnath Chatterjee B. Dev Anand

EXPLORE YOUR CREATIVITY

How to Listen: Tools for opening up conversations when it matters most

READ THIS BOOK

USE OPEN QUESTIONS

SHOW YOU CARE

Give the person you are listening to your full attention. They will feel valued and more open to sharing.

Don’t interrupt or cut in.

Have patience.

Keep your cool.

Use open-ended questions. They encourage people to expand on their thoughts and feelings, giving you more to work with. Ask questions like, “How do you feel about...?” or “What was that like for you?” This helps you understand their perspective and fosters a deeper connection.

Don’t say things like “I know how you feel” or “It’s not that bad.” These are unhelpful phrases that can come across as dismissive.

Try not to be judgmental.

Try not to make assumptions about the other person’s feelings or intentions. It’s better to ask questions and let them express themselves.

Note: The text about Brussels sprouts and their nutritional benefits was not included in the natural text representation as it was not relevant to the overall theme of the document.