



## Communication

### What Makes a Good Listener?

**Leadership Goals:** Youth will enhance their active listening skills to better serve them in leadership positions.

**Learner Objectives:**

Youth will:

- Develop an understanding of the barriers to effective communication, specifically listening.
- Gain listening skills.
- Better understand the impact effective communication, specifically listening, or lack thereof, has on individuals.

**Lesson Plan:**

1. Instruct the group with the following directions. Once the three experiences have taken place, debrief with the questions below.
2. Divide the group in half; group A and B. One group (A) should stay in the room and one (B) should leave. Each group will receive instructions each time the activity takes place (3 times). Instructions must be given separately to each group and can be given orally and/or in written format.

**1<sup>st</sup> Experience:**

Group A: Sit on the floor and tell the individual who comes up to you a story about something important to you. (a trip you took, a memory of childhood, a time you were successful or not successful)

Group B: Enter the room and find a partner. Stand in front of this person and listen to them.

**2<sup>nd</sup> Experience:**

Group A: Stand in one spot and as your partner tells a story, tell your story, interrupting, with better details, more impressive information, etc.

Group B: Enter the room and find your partner. Stand in front of this person and tell a story about something you are proud of. (an accomplishment, problem solved, etc.)

**3<sup>rd</sup> Experience:**

Group A: Stand in one place and be distracted while your partner tells you a story. (look around/behind to the side of your partner, talk about something you have to do, exhibit impatience)

Group B: Enter the room and find your partner. Stand in front of this person and talk about an important task that must be accomplished.

**Reflection Questions:**

- How did it feel during the first activity for those telling the story? For those “listening”?
- How did it feel during the second activity for those telling the story? For those “listening”?
- How did it feel during the third activity for those telling the story? For those “listening”?
- What ways/skills/activities can you do as a communicator, both speaker and listener to encourage good communication?

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