



Name: _____

Do you ever feel like adults just don't listen to you? Or maybe adults feel like you just don't listen to them? It could be that you are both *listening*—you're just not *listening with attention!*

Today you're going to explain to an adult family member the skills used to listen with attention. Then you're both going to practice! These skills can help you communicate better and get along with others.

Practice Listening with Attention

Tell your adult three things you'd like to do tomorrow. Pay careful attention to the listening-with-attention skills he or she uses while listening to your story. Then check off all the listening-with-attention skills used.



Listening-with-Attention Skills	Yes
Focus on the person's words	<input type="checkbox"/>
Don't interrupt	<input type="checkbox"/>
Ask questions to find out more	<input type="checkbox"/>
Repeat what you heard to show you understand	<input type="checkbox"/>

How did your adult do? _____

If all the skills were not checked off, try it again!

Now your adult will tell you three things he or she would like to do tomorrow, then check off your listening-with-attention skills.



Listening-with-Attention Skills	Yes
Focus on the person's words	<input type="checkbox"/>
Don't interrupt	<input type="checkbox"/>
Ask questions to find out more	<input type="checkbox"/>
Repeat what you heard to show you understand	<input type="checkbox"/>

How did you do? _____

If all the skills were not checked off, try it again!

This homework assignment was completed on _____	_____
(DATE)	(ADULT SIGNATURE)