

Listening Exercises

Exercise 1

Time yourselves 2 mins each.

Person 1 asks "what has been hard this week?"

Person 2 answers the question while Person 1 listens and makes no response.

When the timer goes off stop. Person 1 says "Thankyou for sharing that with me" and without any other comment switch roles and do the exercise again.

When you have completed the exercise return to the main zoom room without commenting.

Exercise 2

Time yourselves 2 mins each.

Person 1 asks "what has been good this week?"

Person 2 answers the question while person 1 listens without interrupting until the timer goes off.

When the timer goes off stop and person 1 sums up the conversation in one sentence. e.g. it seems that life has been good

Repeat the exercise swapping roles.

When you have completed the exercise return to the main zoom room without commenting.