



Relationship Building

FFA.OH.6.1

Time Needed:

Activity 1 – 25 min

Activity 2 – 15 min

Materials:

FFA.OH.6.1.AS.A – displayed on public writing surface

Notebook paper – one sheet per student

Open area for large group activity

Objectives:

1. Understand and be able to identify positive listening skills.
 - a. Pay attention.
 - b. Show that you are listening.
 - c. Provide feedback.
 - d. Defer judgment.
 - e. Respond appropriately.
2. Learn about others to build relationships.

Activity 1 –

1. Discuss the following listening skills with the class. Emphasize the importance of listening to build relationships. *Steps from <http://www.mindtools.com/CommSkill/ActiveListening.htm>*
 - a. Pay attention.
Give the speaker your undivided attention, and acknowledge the message. Recognize that nonverbal communication also “speaks” loudly.
 1. Look at the speaker directly.
 2. Put aside distracting thoughts. Don't mentally prepare a rebuttal!
 3. Avoid being distracted by environmental factors.
 4. “Listen” to the speaker's body language.
 5. Refrain from side conversations when listening in a group setting.

- b. Show that you are listening.

Use your own body language and appropriate gestures to convey your attention.

1. Nod occasionally.
2. Smile and use other appropriate facial expressions.
3. Note your posture and make sure it is open and inviting.
4. Encourage the speaker to continue with small verbal comments like “yes” and “uh-huh.”

- c. Provide feedback.

Our personal filters, assumptions, judgments and beliefs can distort what we hear. As a listener, your role is to understand what is being said. This may require you to reflect on what is being said and ask questions.

1. Reflect on what has been said by paraphrasing. “What I’m hearing is...” and “Sounds like you are saying...” are great ways to reflect back.
2. Ask questions to clarify certain points. “What do you mean when you say...?” “Is this what you mean?”
3. Summarize the speaker's comments periodically.

- d. Defer judgment.

Interrupting is a waste of time. It frustrates the speaker and limits full understanding of the message.

1. Allow the speaker to finish.
2. Don't interrupt with counterarguments.

- e. Respond appropriately.

Active listening is a model for respect and understanding. You are gaining information and perspective. You add nothing by attacking the speaker or otherwise putting the speaker down.



1. Be candid, open and honest in your response.
 2. Assert your opinions respectfully.
 3. Treat the other person as that person would want to be treated.
2. Once these five steps have been discussed use the *Hieroglyphic e-Moment*® to review.
- a. Each student needs a sheet of notebook paper.
 - b. They will draw an image or symbol to represent each step:
 1. Pay attention.
 2. Show that are listening.
 3. Provide feedback.
 4. Defer judgment.
 5. Respond appropriately.

Activity 2 –

1. Instruct the class to divide into two groups.
2. The groups need to form two circles, one inside the other.
3. As the circles rotate against each other and each person has a few seconds to share information, such as name and hometown, then answer a new question announced at each new stop.

- a. Potential questions:
 1. Favorite song?
 2. Favorite dessert?
 3. Number of siblings?
 4. Meaning of your name?
 5. Favorite hobby or pastime?
 6. Favorite sport to play or watch?
 7. Favorite movie?
 8. Best vacation place?
 9. Favorite food?
 10. Something you are passionate about?
 11. Something about you that would surprise me?
4. Once you have exhausted your list of questions or each person on the outside circle has conversed with everyone on the inside circle, have the students take a seat and wrap up with the following questions:
 - a. Were some questions easy to talk about and others more difficult? Why?
 - b. What did you learn about your peers?
 - c. Were some people listening more intently than others? How could you tell?
 - d. Why is it important to learn about others to build relationships?

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- b. Put aside distracting thoughts. Don’t mentally prepare a rebuttal!
- c. Avoid being distracted by environmental factors.
- d. “Listen” to the speaker’s body language.
- e. Refrain from side conversations when listening in a group setting.

2. Show that you are listening.

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3. Provide feedback.

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