

# Learning to Listen

Think of a  
time....

You were talking with a group of friends, but everyone was talking at once.  
*How did that make you feel?*

Frustrated      Stressed      \_\_\_\_\_

You were talking, but it felt like no one was listening to you.  
*How did that make you feel?*

Sad      Embarrassed      \_\_\_\_\_

Someone interrupted your story to tell their own story.  
*How did that make you feel?*

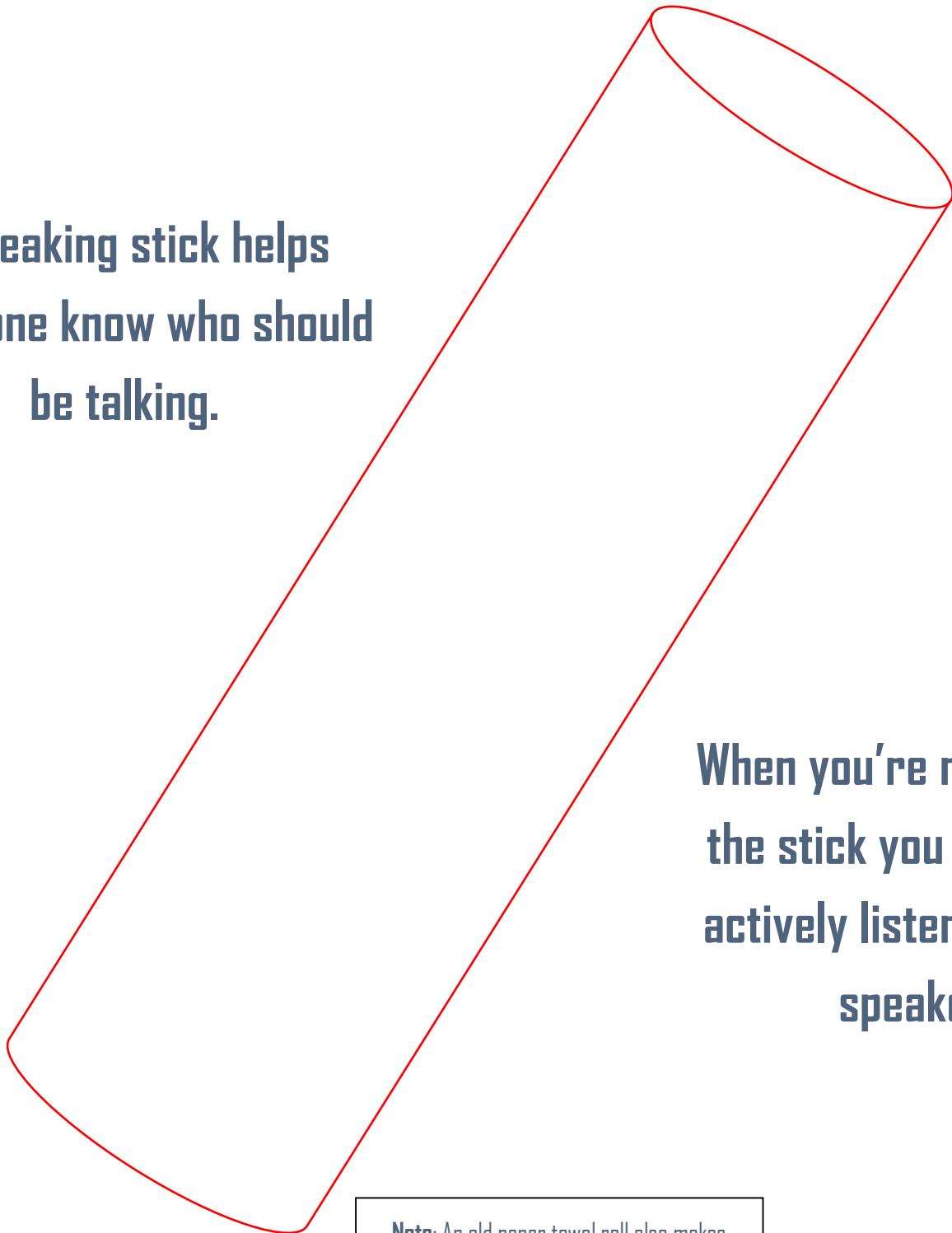
Upset      Angry      \_\_\_\_\_

**Directions:** Color in the emotions that you would feel in each of these situations. Then, try to think of one more emotion you might feel and add it to the third diamond.

## Designing a Speaking Stick

Directions: Decorate your speaking stick using crayons, markers, glue, glitter, or stickers!

A speaking stick helps  
everyone know who should  
be talking.



When you're not holding  
the stick you should be  
actively listening to the  
speaker!

**Note:** An old paper towel roll also makes  
a great speaking stick!