

# Becoming Courageous

Notice: Lesson 2

## Listening

### Objective:

1. To introduce the concept of *Whole Body Listening*.
2. To teach the skill of *Whole Body Listening*.

### Rationale:

1. The best way to listen is by using all of your senses to take in information
2. Whole Body listening is a term coined by Susanne Poulette Truesdale in 1990. It is a simple way for children to understand how to pay full attention when they are listening

### Alignment to the British Columbia Core Competencies:

**Communication;** Connect and engage with other;

1. I am an active listener

### Supporting Literature:

1. Julian Treasure TED talk: [5 Ways to Listen Better](#)
2. Evelyn Glennie TED talk: [How to Listen](#)

### Materials and Resources:

1. Courage Journals. I use exercise books, but you can use any type of book or journal. Courage Journals are used to reflect on the content of the day's lesson. Each child should have their own.
2. Smartboard, or projector and speakers (to show videos off of the internet)
3. Books: [Whole Body Listening Larry at School](#), and [Whole Body Listening Larry at Home](#)
4. Whole Body Listening Anchor Chart. Download from Whole Body Listening lesson on the website.

## Lesson (approx. 1 hour)

### Introduction:

1. Organize students so they can see both you and the videos
2. Introduce the idea of whole body listening and why you want to pay careful attention.
3. Explain that you are going to show videos that model whole body listening, and read books about Whole Body Listening. You are also going to ask the students to think about a time when they used Whole Body Listening.

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## Main Activity:

1. Video 1: [Cookie Monster learns Whole Body Listening](#). Practice having the children sit and pay attention like Cookie Monster. Have them talk amongst themselves, and then practice Whole Body Listening when teacher say, “Eyes Watch, Ears Listen, Voice Quiet, Body Calm”. Giving the explicit instructions works better than just saying the words, “Whole Body Listening”
2. There are two books about Whole Body Listening, called *Whole Body Listening Larry at School*, and *Whole Body Listening Larry at Home*. You may want to read both of the books, or just one (and save the other for a second lesson on Whole Body Listening)

## Reflective Activity:

In the Courage Journal, give an example of a time when you used Whole Body Listening (at home or at school, depending on which book you read). If the students can't think of a time when they used WBL, then they can imagine a time when they used WBL.

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**Extensions:** Poster of Whole Body Listening Larry. [Click here for website](#) where you can purchase the poster.

***Catch Each Other Practicing Whole Body Listening! Slips:*** these are available on the website. Print out as many as you need. The students catch each other practicing WBL and fill them out. They circle which part of WBL they noticed, and can sign them with their initials. Print them out as stickers and they can be put in student planners at the end of the day.

**Creative Activity:** Rain Sticks. Using a paper roll and a paper shopping bag, students make a rain stick and can enjoy listening to the sound of the rain. Click the “creative activity” button for full instructions and a tutorial

Materials: (per student)

- 1 paper roll
- 1 paper grocery shopping bag
- 2 elastic bands
- 1/8 cup of rice
- Pencil

You will also need:

- Circle tracer that is 2-3 times the diameter of your paper roll
- Funnel (or it will be extremely difficult to pour the rice into the roll!)

Optional:

- Paint
- Stickers, etc to decorate the outside of the paper roll

**Story Books:** *The Other Way to Listen* by Byrd Baylor and Peter Parnali  
*The Listening Walk* by Paul Showers