

THEME

Connectedness

SUB THEMES

Relating to & Communicating
with Others

Overview

Hearing and listening are not the same thing. People speak at 100 to 175 words per minute (WPM). People can listen intelligently at 600 to 800 WPM. Therefore because only a part of our mind is paying attention during a conversation, it is easy to go into mind drift and think about other things while listening to someone. The cure for this is active listening – which involves listening with a purpose. It requires that the listener attend to the words and the feelings of the sender for understanding. It takes the same (or more) amount of energy than speaking.

In this learning activity Participants complete a group activity with blindfolds on. They have to focus on active listening to complete the task.



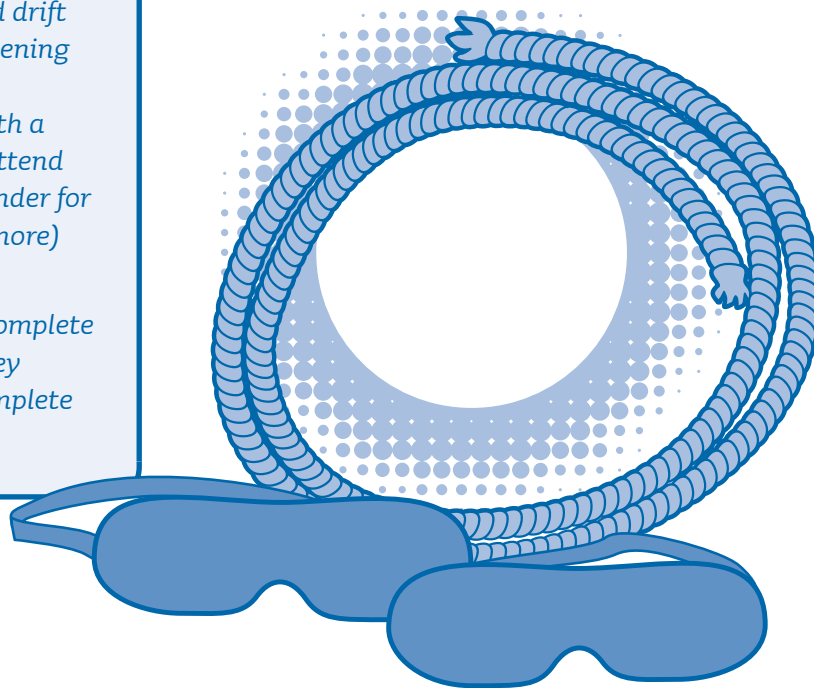
Active Listening

Knowledge and skills

Knowledge and understanding of others, communication with others.

Resources

- Blindfolds
- 15m long string/rope



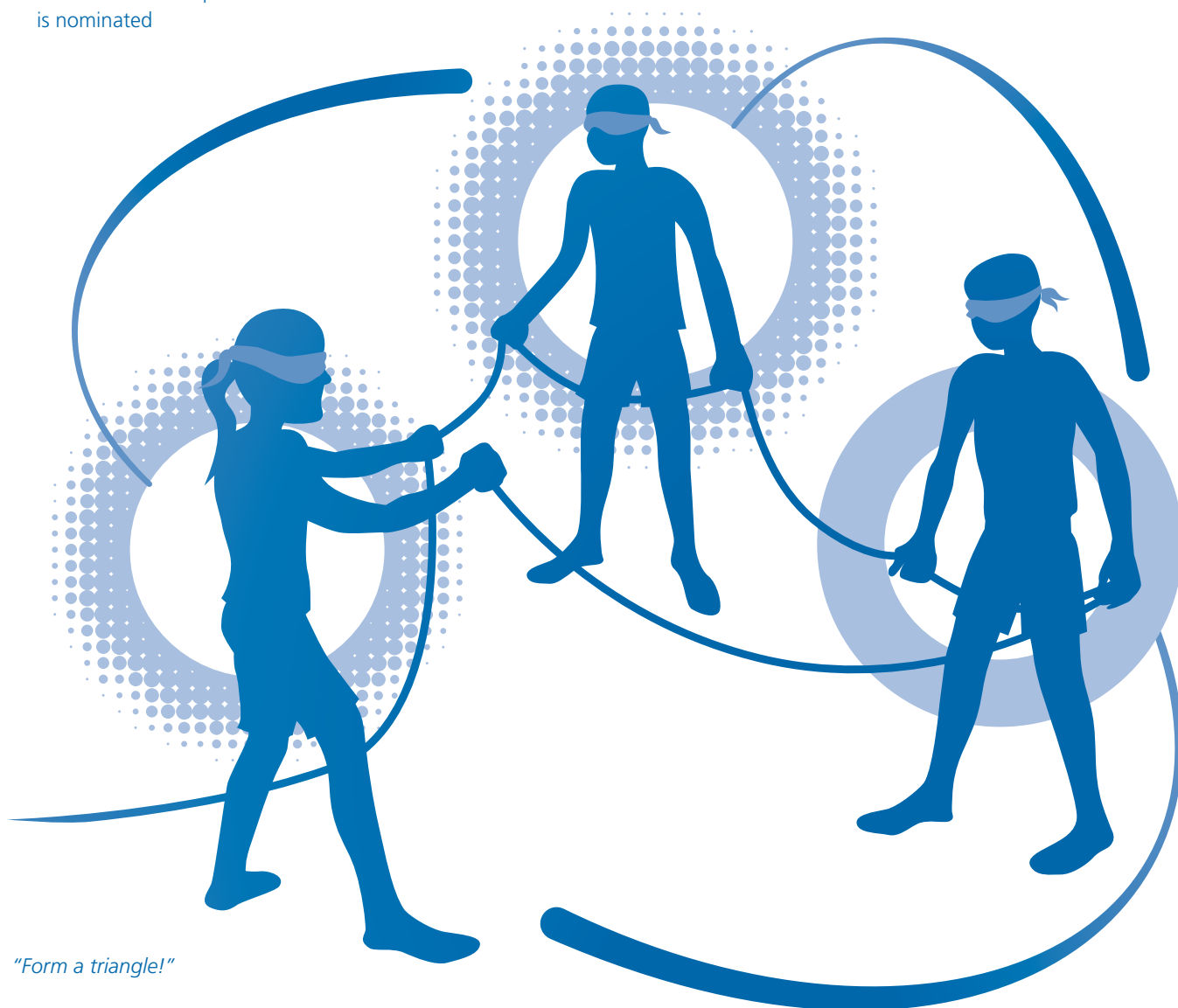
Blindfold Polygon

IN A GROUP

- One team leader is nominated
- All members of the team (excluding the team leader) are blindfolded
- Each member (excluding the team leader) must be holding the string, which is 15m long
- Under the team leader's instructions the team is to try to form a polygon shape based on the number of team members e.g. five members = pentagon, eight members = octagon
- The team leader can instruct what to do and how to do it, however they are not allowed to touch any member of the team
- A time limit will be set to judge how effective and efficient the team leader is
- Students then swap roles and a new team leader is nominated

ACTIVITY EXTENSION

- To increase the challenge of 'active listening', the team decides on a means of communication that the team leader must use as their only means of guiding the team to form a polygon
- The team leader must not speak words or touch any team members
- Students usually come up with a system of noises such as:
 - » One clap means walk forward
 - » Two claps means walk backwards
 - » Whistle means stop
 - » Click means turn right
 - » Cluck/Cluck means turn left



"Form a triangle!"



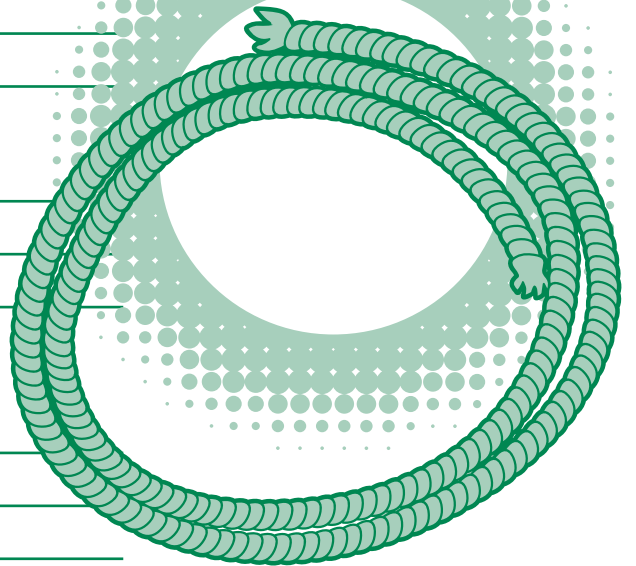
NAME _____

Active Listening

1. How well did your team complete the polygon?

2. What did you use to communicate with each other?

3. What other non-verbal clues helped you to complete the polygon?



4. What can you do so that you can keep concentrating (not drifting off) when people are talking to you?

5. What are the benefits of active listening?

