

# Two Ears, One Mouth

“We have two ears and one mouth for a reason—so we’ll listen twice as much as we talk!”

Have you heard that saying? Listening might seem like an easy thing to do. But there’s a big difference between *hearing* someone talk and *listening* to what they say. When you’re listening, you’re an active part of the conversation—even when you’re not saying a word.

Everyone can learn to be a better listener. And the rewards can be great. When you truly listen, it lets people know that you care about their thoughts and feelings. It can help you see where others are coming from, so you avoid misunderstandings. It can even help create closer relationships with your friends and family. Who would have thought ears could be so powerful?

This family is consulting about where to travel to have fun and do a service project. Find words to complete the tips about being a good listener.



IF WE GO TO THE GALAPAGOS ISLANDS, WE COULD SEE THE PENGUINS AND GIANT TORTOISES AND HELP FIX TRAILS. THAT WOULD BE AWESOME!

attention  
concentrate  
impress  
interrupting  
express

patient

focus  
options  
distractions  
repeat  
open

talking

love

understand

respect

RELATE

1. Find a good \_\_\_\_\_ to talk so you won't feel rushed.
2. Limit \_\_\_\_\_ by turning off the TV and putting away cell phones, computers, and games.
3. Face the person you're talking with and give him or her your full \_\_\_\_\_.
4. Keep an \_\_\_\_\_ mind. Wait until the speaker is finished before forming your own opinion.
5. \_\_\_\_\_ totally on what the person is saying, rather than thinking of what you're going to say next.
6. Ask questions if you feel like you don't \_\_\_\_\_ what you heard.
7. If someone says something that upsets you, take a deep breath and let him or her finish, rather than \_\_\_\_\_.
8. Be \_\_\_\_\_ and kind. It's not always easy for people to talk about their feelings.
9. Use sincere body \_\_\_\_\_, such as positive facial expressions, nodding, and eye contact, to show that you're interested.