

Active listening

Teaching learning activity

Mindfulness Listening Intervention

The task is done in pairs. First one partner speaks and the other one listens until the speaker feels truly heard. Thereafter the listener repeats as closely as possible what was mentioned by the speaker.

The person guiding the session gives more concrete instructions about the time and content the speaker should talk about (e.g. 5 minutes- What did you learn today? Or 6min- How are you feeling today). The speaker is told that it is their own time and they can decide to share or sit in silence whenever they feel like it.

The listener gets specific instructions on how to actively listen, without commenting or judging (see p144-145). The student is told to notice their own emotions and to then actively listen again.

When the time is up the listener is instructed to repeat what the speaker shared. The student can be corrected by the partner and ask additional questions if needed.

Once the partner felt heard the two students switch roles.

The students are asked to reflect on how it feels to be listened to and to share. Moreover, they are instructed to listen to the use of words as well as the tone especially when it gets difficult to focus.

The task finishes with both participants thanking each other for listening.

Ref: Barbezat, D. P., & Bush, M. (2014). Contemplative Senses Deep Listening and Beholding. *Contemplative practices in higher education: Powerful methods to transform teaching and learning* (1st ed, pp.137-158) John Wiley & Sons.