

Dear Parents/Caregivers,

As part of our learning about positive mental health, we are learning to apply the skill of **active listening**. Ask your child to tell you what this means and how it is helpful.

Have a look at the lists below for ways to practise active listening skills. Tips that help all of us make our conversations more meaningful:

- **Eye contact:** Turn off and tune out all other media. Focus on the speaker.
- **Body language:** Nod, open your arms, and share the same “space” (e.g., sit down to reduce a height difference).
- **Pass it back:** Try statements that begin with *Are you saying that ...; So what you are telling me is ...; Oh, that must have felt*
- **Acknowledge:** Let others know you “hear” what is said.
- **Ask questions:** *What does that look like? feel like? sound like?*
- **Agree to disagree:** Let others know that you may not always agree with what is said, but that you both need to respect opinions.

Questions that help open the doors to communication:

- *Wow! You look excited! What’s up?*
- *I can tell that you are (sad, stressed, upset) by the expression on your face. Let me know if you want to talk about it.*
- *If you had to change one thing about the way today went, what would it be? Why?*
- *What’s something that you really enjoyed about school today?*
- *Did you experience a feeling of calm today at some point? What were you doing? What do you think made you feel calm?*

Thanks for your interest!

Sincerely,