

## Social Emotional Learning Resources for Secondary Families (Lesson #1)

Plano ISD would like to provide parents with strategies and tips to support their child's social emotional development at home. These social and emotional skills are essential for navigating through today's current events and for meeting life's challenges in the future.

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### “EARS” ACTIVE LISTENING

**E**ye contact [varies with culture]

**A**cknowledge that you are listening and **A**sk open-ended questions. (Nod and say “mm-hmm”. Ask questions without a “yes” or “no” answer.)

**R**eflect feelings. [“Sounds as if you’re feeling (or you felt) \_\_\_\_\_.”]

**S**ay in your own words what you heard the person say, and confirm. [“So you think that \_\_\_\_\_. Is that right?”]

ACTION	REFLECTION
<ul style="list-style-type: none"> <li>→ Before a think-pair-share, remind students to focus on eye contact and active listening.</li> </ul>	<ul style="list-style-type: none"> <li>→ After a think-pair-share, ask students:                             <ul style="list-style-type: none"> <li>- How can you tell if someone is using active listening?</li> <li>- On a scale of 1 to 5, how well did you actively listen?</li> <li>- What could you have done better?</li> <li>- What did your partner do well?</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>→ For group discussions, encourage students to paraphrase the previous speaker, followed by “adding on” or “thinking differently.”</li> </ul>	<ul style="list-style-type: none"> <li>→ In a group-discussion debrief, ask:                             <ul style="list-style-type: none"> <li>- How does paraphrasing the previous speaker, and then “adding on” or “thinking differently,” affect your listening skills? How does it affect your communication skills?</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>→ As a teacher, be deliberate in making eye contact, setting aside distractions, asking open-ended questions, and refraining from giving advice.</li> </ul>	<ul style="list-style-type: none"> <li>→ Teacher self-reflection questions:                             <ul style="list-style-type: none"> <li>- How do students and colleagues respond when you listen more and talk less?</li> <li>- How effective are students at problem-solving if you actively listen rather than give advice?</li> </ul> </li> </ul>

### SEL Essentials for Parents:

Have a family discussion about active listening and review “EARS” when listening needs a boost or before an important discussion.

Most importantly, model active listening so your listening children will learn from your example. Give your undivided attention during family members. Establish a norm of putting away phones at meals, during family discussions, and when conversing with one another generally. Model what you want them to learn.