

## It's Not a Secret...

Active Listening, an important empathy skill, helps children better communicate with one another. It fosters curiosity and better relationships by helping them bond, while enabling them to practice kindness.

*It's Not a Secret* can be a fun way to introduce students to Active Listening, while helping classmates get better acquainted.

### Instructions

1. Begin by introducing the concept of Active Listening. Explain its importance:

*"Active listening is about giving your full attention to the person who is speaking. It means trying to focus on what they are thinking, not just what they are saying."*

*When you practice active listening, you can try to picture what the other person is saying and where they are coming from. You can notice their whole body, maintain eye contact, ask questions, and repeat what they are saying to show that you understand.*

*Active listening helps us build stronger relationships and understand other people better. When someone listens to you actively, it feels good."*

2. Pair students into twos and assign one of them Student A, the other as Student B. If you have an odd number of students, join in yourself to make an even number.
3. Student A begins by talking for a minute. Ask them to complete the sentence: *"It's not a secret ..."* with facts about themselves. For example: *"It's not a secret that I have five dogs,"* or *"It's not a secret that I am learning Tae Kwon Do."*

Topics can include:

- Hobbies or interests, e.g. pets, sports, activities, extra-curricular classes.
  - Family, e.g. *"It's not a secret that I'm an only child."*
  - Friends, e.g. *"It's not a secret that my neighbour is my best friend."*
  - Class, e.g. *"It's not a secret that I love doing Math."*
4. While Student A talks, Student B's job is to listen, actively. They may try:
    - Paraphrasing or summarizing information back to Student A
    - Asking relevant questions
    - Nodding, practicing eye contact, facing Student A
  5. After 1 minute, invite Student A and Student B to switch roles.