



What does good listening look like?..



look where it feels most comfortable. This is not always at the person who is talking to you.



fidgeting with an object, flapping hands, having still hands. Do whatever you need to do to help you listen.



sitting, standing, moving, tapping feet. Do what you need to make your body feel comfortable so you can listen.



work quietly, hum or chew on something - do whatever you need to help you listen.

Our bodies need to be comfortable so that we can listen. This will be different for everybody. What does good listening look like for you?