Whole Body Listening

Eyes
Looking at the person who is talking

Head/Brain
Thinking carefully about what you are hearing

Mouth
Sharing ideas and responses once the person is finished

Ears
Listening for key words the person is sharing

Heart
Caring about what the other person is saying

Body
Facing the speaker

Hands
Still and quiet on your lap, by your sides, or in your pockets

Feet
Still and quiet on the floor

WITS LEADers know it takes more than just ears to listen. It takes a whole body!

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