

STOP AND THINK SOCIAL SKILLS

Listening

Listening is the most basic skill for all school students and the first skill taught in the Stop and Think process. At the Kindergarten level, students are taught to get into the listening position (making eye contact, body facing you, ears open) so that listening naturally follows. As students get older, they are expected to listen for longer periods of time and to more complex information. Listening is a critical skill as its mastery is directly linked with academic success. Therefore, it's important for students of all ages to learn and review the steps of listening.

Use the Stop and Think language at home with your children to help reinforce the steps of listening.

Help younger children (Kindergarten through grade 3) to verbalize the following steps when they need to listen:

Step 1: Stop and Think.

Step 2: Am I going to make a good choice or a bad choice? A good choice!

Step 3: What are my choices or steps?

Eyes - Look at the person who is talking.

Hands - Put your hands in your lap and get into the listening position.

Feet - Put your feet on the floor.

Mouth - Make sure your mouth is closed and quiet.

Ears - Hear what is being said to you.

Step 4: Just do it!

Step 5: Good job!

Encourage older children (grades 3 - 5) to verbalize the following steps when they need to listen:

Step 3: What are my choices or steps?

Look at the person who is talking.

Think about what is being said.

Wait until the person stops talking.

Ask a question if needed.

Say what you want or need to say.