



**THE CONFLICT  
RESOLUTION  
TOOL  
FOR YOUR CLASS**

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For Compassionate Listening

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## Listening (2nd-5th Grade)

### Primary Teaching Intentions:

Students practice sharing and listening. Students learn a tool that can be used in the classroom to remember to listen when there is a disagreement or misunderstanding.

### Time Needed:

30 minutes

### Materials Needed:

Listen Like You Watch The Sunrise Poster

An object for listening (a special rock, a stressball, any classroom object that can be held and will only be used for listening)

Kind Mind Journal Page - Listening



## Lesson

Let's start with 5 deep breaths today. Sit up tall and bring your hands to your heart. Press against your heart and feel it beating in your chest.

Take 5 deep breaths together.

We practice listening at school a lot when someone else is talking. Listening is really important, but it can be hard sometimes.

Listening is especially hard if there is something we really want to share and it's hard to wait because we worry we will forget. Raise your hand if you ever feel this way.

How about if we are in an argument with someone and we don't agree with what they are saying. Sometimes it feels like we both want to be right, but nobody is listening to what the other person is really saying. Nobody feels heard and nobody is actually right or wrong.

I have something that will help us practice listening in those hard moments.

Bring out the Listening Like You Watch The Sunrise poster.

This poster says, **Listen like you watch the sunrise.** What do you think that means?

Allow students to share.

Raise your hand if you have ever watched the sunrise. What did it look like?

Allow students to share.

The sunrise is so special and so beautiful. Sometimes we see pink, orange, or reddish colors in the sky. If we were feeling sad one morning and we looked out the window to watch the sunrise, would you blame the sun for your sadness?



Allow students to share. You could prompt them with more questions, “did you talk a lot?” “did you disagree with the color of the sky?”

Listening like you watch the sunrise means to **just listen**. It means not thinking about how the other person is wrong or talking over them. It means accepting that what the other person is saying is true for them, even if you don't agree. It means to just listen. This can be really hard and takes a lot of practice.

This poster is going to go on our classroom wall to remind us to listen, especially in times when we are having trouble. We will see it and remember that we need to listen to one another.

There is one other thing that will help us.

Bring out the listening rock, stress ball, or another object.

This is going to be what helps us take turns talking and listening. Whoever is holding the rock/ball/object gets to speak, the other person only listens. Then the next person gets to share, and the other person will only listen. We don't have to agree, we just practice sharing and listening.

So, if there is a disagreement in our classroom, the sunrise picture is going to remind us to find a quiet place, get out the rock/ball/object, and practice listening to one another. Or, if someone is sharing and we don't agree with what they are saying, we will simply listen and not try to tell them that they are right or wrong.

Do you each want a turn to hold the rock/ball/object? We will pass it around now, and if there is something small you would like to share, you can. We will all practice sharing (if we want) and listening.

***Note: if the class is large, give them a prompt. One example would be say your favorite color, or use one word to share how you feel right now.***

Take turns sharing and passing around the rock/ball/object. Remind the children that only the person with the rock is speaking.



Remember, we don't always have to agree with one another, but we do always have to listen to each other. Sometimes listening alone makes the problem go away and helps us all feel better.

Listening is another way we can show compassion to our friends if they are feeling upset about something. We don't need to try and make them smile or fix their feelings or problem, we just need to listen to them.

### **Kind Mind Journals:**

If time allows, have the children draw in their Kind Mind Journals, Listening.



## Listening

**Listening without judgment or blame can be hard, especially if we don't agree. It is important that we practice listening to one another, so we can learn from one another. Draw or write how it feels when someone listens carefully to you.**

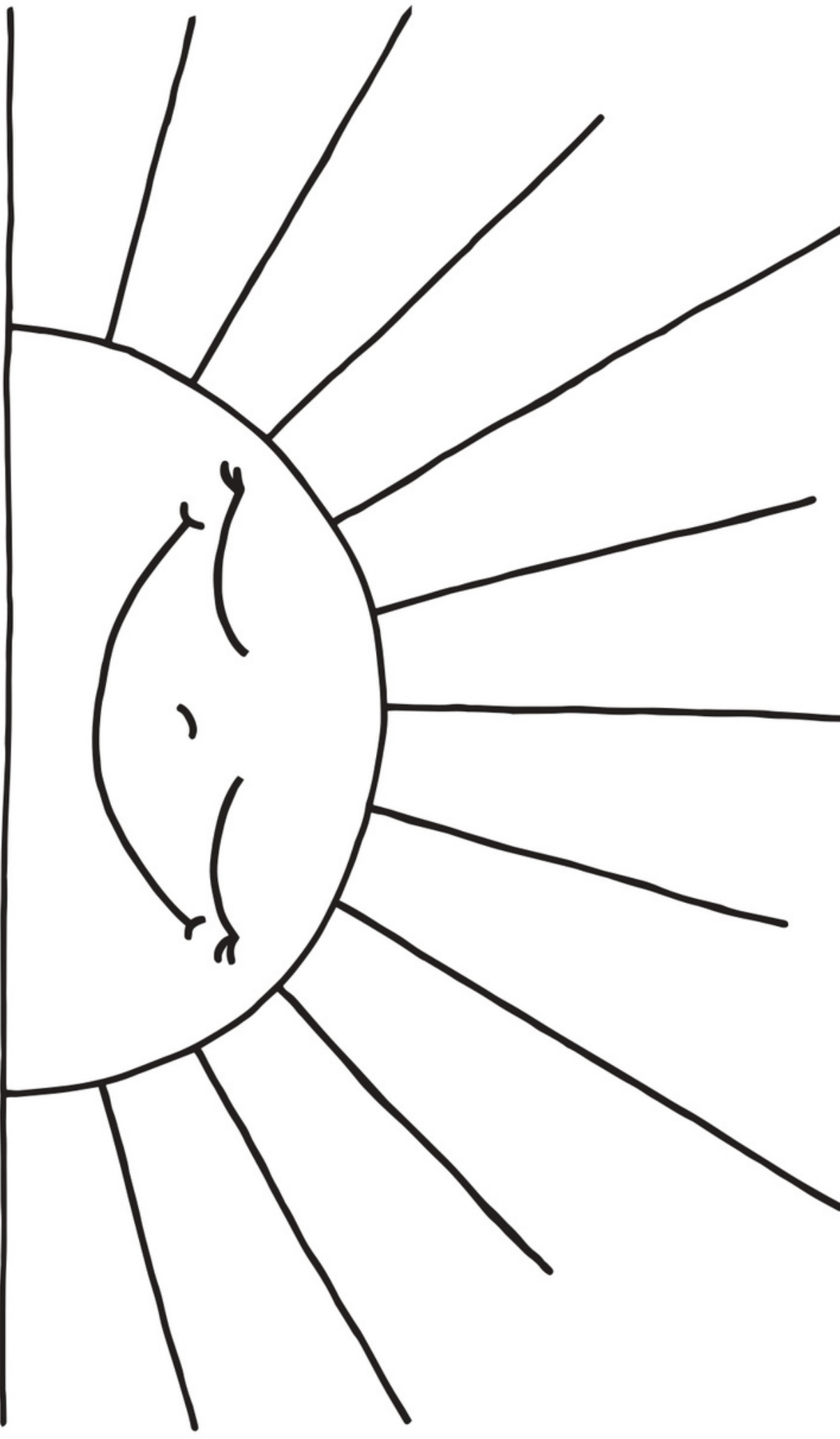


Listen like you watch the sunrise



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