

Handout for Whole Body Listening

Eyes – looking toward the speaker

Ears – ready to hear

Mouth – quiet and waiting for your turn to talk

Hands – quiet and kept to yourself

Feet – quiet and still

Body – facing toward the speaker

Brain – thinking about what is being said

Heart – considering the speaker and others listening



eyes watching



ears listening



mouth quiet



hands still



feet still



body facing speaker



brain thinking



heart caring

