

Hab 5: Ta

H.īn

1. M C ā.a

Write several different emotions (anger, sadness, happiness, disappointment, etc.) on small pieces of paper and put them in a box. Have each family member draw one of the papers out of the box. Invite each family member to act out the mood on the paper they drew while the others try to guess the emotion. Point out that you can learn a lot about what others are trying to say by using your eyes to watch their faces and body movements.

2. L U!

Get into groups of two. Role-play the following forms of listening:

- Ignore what the other person is saying. do you feel when someone does not listen to you?

3. Eⁿ La L Ra

Invite family members to get in pairs to practice Empathic Listening. Refer to page 48 for tips on keeping the door open for understanding. Beware of door slammers!

Invite family members to get in pairs to practice Empathic Listening. Follow the instructions on page 50.

Summarize, "When we listen empathically we are not trying to solve the other person's problem or give advice. We are simply trying to help them feel understood."

4. T J - l b

Draw an iceberg and label it with "Skill" and "Intent" as shown on page 48. Discuss as a family why intent is more important than skills in communication. Talk about ways to improve family communication.

5. **Wa Y A T !**

We add meaning to the words we use by the way we say them—our tone of voice. Write
