

Whole Body Listening

Yes= 3

Some= 2

No= 1

Date:						
1. My eyes are looking at the person talking to me.						
2. My ears are ready to hear.						
3. My mouth is quiet. I am not talking or making noise.						
4. My hands are quiet, down, and still.						
5. My feet are quiet on the floor.						
6. I am facing the speaker.						
7. My brain is thinking about what the speaker is saying.						
8. My heart cares about what the other person is saying.						

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