

Exercise 3-5: Active Listening

INSTRUCTIONS: Look at the situations below and determine what clues the child gives that he or she is having a problem, and what feelings he or she may be feeling.

1. Steven, 2½, is sitting on the sofa with a thumb in his mouth staring at Alan playing with some Preschool Legos on the floor.

Behavioral clue(s) _____

Possible feelings _____

Active listening response _____

2. You hear a loud thump from the living room followed by a wail. You find Ricky (12 mo.) lying on the floor in front of the sofa crying.

Behavioral clue(s) _____

Possible feelings _____

Active listening response _____

3. Christy is sitting in front of a shape sorting box, loudly banging a square peg on the triangular hole.

Behavioral clue(s) _____

Possible feelings _____

Active listening response _____

POSSIBLE ANSWERS:

1. Behavioral clue: thumb in mouth.
Possible feelings: rejected, ignored, bored
Possible response: "You feel lonely in here."

2. Behavioral clue: loud cry
Possible feelings: hurt, frustrated, scared
Possible response: "You hurt yourself on the floor." or "You are frustrated that you can't climb on the sofa."

3. Behavioral clue: loud banging
Possible feelings: frustration
Possible response: "You can't get that block in the hole and that frustrates you."