

## Activity Task

### ACTIVE LISTENING AND QUESTIONING

The task: One of you tells to the other about some unacceptable event in the life, to which you were a witness to (the story can be real or artificial – it does not matter) and how you felt about these events.

For instance, you saw a parent yelling at the child in the supermarket, or you met an aggressive driver in the car, or you saw repair works in a city which were accomplished in a bad quality, etc.

The person who listens to the story:

- A) demonstrates good and active listening skills, so the story teller really feels he/she is heard and understood, and
- B) asks open (broad) questions inviting the story teller to tell more.

After 15 minutes – change the roles.

PARTNERS:

