



**FAMILY COMMUNICATION**

**Listening from the Heart.**



## LESSON PLAN:

# Listening from the Heart

### WELCOME TO THE LESSON: LISTENING FROM THE HEART!

You've completed the first step in our **Pick. Watch. Enhance.** model and selected the topic "**Being Present & Listening from the Heart.**" Great choice! In this lesson, you'll explore heartfelt listening—a skill that can help reduce emotional stress, deepen your connections, and create stronger bonds within your family.

#### Here's what this lesson will help you achieve:

- Understanding heartfelt listening and its importance.
- Overcoming common barriers to being fully present.
- Practicing simple techniques to improve your listening skills in everyday family life.

### PAUSE AND PREPARE.

Before moving on to **Step 2: Watch**, let's take a moment to prepare our hearts and minds for this journey. Reflecting on the following questions will help you set your intention for this lesson:

- What do you believe "heartfelt listening" means?
- How often do you feel emotionally connected during family conversations?
- What makes it challenging for you to fully listen and participate in family conversations, especially with your child?
- Can you think of a recent conversation where you were not fully present? Why?

Take a deep breath, consider your answers, and hold them in your mind as you move forward.

## **STEP 2 - WATCH.**

This step includes three short micro-videos that introduce key concepts and skills. Each video builds on the previous one, so make sure to watch them in the listed order. Click on the video titles below to watch:

### **1. Introduction to Heartfelt Listening**

- Discover what heartfelt listening means and why it's a powerful tool for building stronger relationships with your family.

### **2. Overcoming Barriers to Listening**

- Learn to identify and overcome common challenges, like distractions or emotional stress that might prevent you from listening fully.

### **3. Applying Heartfelt Listening in Daily Life**

- See examples of how heartfelt listening can be seamlessly integrated into everyday conversations.

As you watch, think about how these ideas connect to your own experiences with family conversations. After finishing the videos, you'll move on to **Step 3: Enhance**, where you have the opportunity to enhance what you have learned.

## **STEP 3 – ENHANCE.**

Now that you've completed the videos, it's time to take your learning further with our simple worksheets and tools. These resources are designed to deepen your understanding and bring your family closer together.

For this lesson, we've created the following resources to help you practice and enhance heartfelt listening. Click on the resource titles below to download them. Each resource is formatted so they can be easily saved to your computer OR printed for your convenience.

- **Top 5 Traits of Highly Communicative Parents**
  - Discover the key traits that great communicators bring to family conversations. Reflect on these traits and explore how you can incorporate them into your interactions.
- **Listening Intently Allows Me to Hear the Cry of Others**
  - A reflective exercise that connects listening to empathy and emotional understanding, helping you truly hear and support your loved ones.
- **Active Listening Plan**
  - A step-by-step guide to create your own plan for practicing active listening daily. This tool will help you set specific goals and track your progress.

## REFLECTION.

Before wrapping up, take a moment to reflect on what you've learned and how it applies to your family:

- How has your understanding of heartfelt listening changed?
- Have you noticed a stronger emotional connection during family conversations?
- What new strategies are helping you overcome listening barriers?
- Can you share an example of a recent conversation where you practiced heartfelt listening? How did it go?

Reflecting on these questions will help solidify your learning and identify areas to continue practicing.

## WHAT'S NEXT?

Congratulations on completing this lesson! By practicing heartfelt listening, you're building stronger, more meaningful connections with your family. When you're ready to continue:

- Explore other lessons in the **Family Communication Center** to further build your communication skills.
- Revisit this lesson anytime to refresh your understanding or practice the activities again.

Keep up the great work! Every step you take strengthens the bonds within your family.

