



INTERPERSONAL SKILLS

TRY NOT TO LISTEN

Description:

Mentees pair in twos. Each person will take turns talking for 2 minutes about any subject they like, the other person makes it clear that they are ***not*** listening.

Debrief:

Most participants are not able to talk for two minutes straight because it is difficult to keep a conversation going when someone isn't taking notice of you. This is a light-hearted start in to the activity so even if it disintegrates into humorous chaos it doesn't matter because the point will have been made.

After both mentees have had their turn, ask them how it felt to be talking to someone who wasn't paying attention. Common responses are:

- Frustrated
- Angry
- That I wasn't important
- I was boring
- I had a hard time continuing
- I felt insignificant

Then ask participants what behaviors and/or body language they observed in their partners that contributed to their challenging feelings. Some common answers are:

- Head down
- Avoiding eye contact
- Looking at the floor/ceiling
- Folded arms/crossed legs
- Blank/bored expression
- Yawning, whistling, scratching
- Preoccupied

Additional resources can be found at www.youthgroupgames.co.uk/fun-games-teach-life-skills.html www.mindtools.com/CommSkill/ActiveListening.htm