



The receiving, retaining and processing of information or ideas

This skill is all about being able to listen effectively to others.

Initially when developing this skill we focus on remembering short instructions, understanding why others are communicating and picking out important information.

We then look at how to demonstrate we are listening effectively, thinking about body language, open questioning and summarising and rephrasing.

Suggested activities to try at home to build the skill of Listening:

For younger children

Read a story together. Stop as you go to talk about what might happen next. When you have finished, talk about what happened in the story.

Dance together to 'Heads, Shoulder, Knees and Toes'. Sing the song and encourage your child to listen carefully and copy the actions. Alternatively, teach your child any other song and dance routine that you know!

For older children

Listen to and review an audiobook or podcast. Talk or write about what was good about it and if you would recommend it to others.

Arrange a phone or video call with an older family member. Speak clearly and listen carefully to the other person in the conversation.

For more Skills Challenges to try at home, visit:

[skillsbuilder.org/homezone](https://www.skillsbuilder.org/homezone)