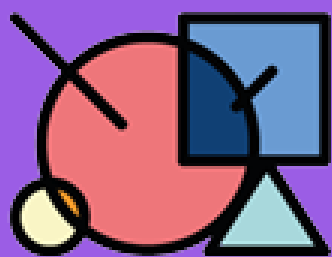




# MICRO TASKS



S4B



**Note to user:** After familiarizing with each video pill, the user will be provided with the opportunity to perform several tasks/activities/games in order to practice and further develop the respective skill.

## Active listening

### Reflective listening moments

## MICRO TASK NUMBER: 3

### 01 What are the objectives of the task?



The Reflective listening moments micro-task aims to develop a habit of active listening through moments of self-awareness and empathy during daily interactions. By integrating this task into your daily routine, you will experience transformative growth in your communication skills and interpersonal connections. Embrace this micro-task as an opportunity to cultivate active listening, empathy, and understanding, nurturing a positive and supportive environment in all your interactions.

### 02 What will teachers learn?



Through reflective listening, you will learn the art of being fully present and engaged in conversations. This skill allows you to create a space of focused attention, making others feel valued and heard.

By practicing reflective listening, you will learn how to demonstrate empathy and

understanding towards others. Empathetic listening fosters a deeper connection and a sense of validation for the speaker's emotions and experiences.

Engaging in reflective listening moments will reveal the benefits of fostering deeper connections with others through genuine listening. By actively acknowledging and responding to others' perspectives, you build trust and rapport in relationships.

### Benefits:

- **Strengthened communication skills** - Reflective listening enhances your communication skills, leading to more meaningful interactions. As you become a better listener, you improve your ability to express yourself effectively.
- **Enhanced understanding** - Through reflective listening, you gain a deeper understanding of others' perspectives and emotions. This understanding helps you navigate challenging conversations and fosters mutual respect.
- **Improved problem-solving abilities** - By actively comprehending information shared during interactions, you improve your problem-solving abilities. Enhanced listening skills enable you to address issues more effectively and collaboratively.

## 03 Tasks and procedure



### 1. Set aside reflective time

Dedicate a few minutes each day for your "Reflective Listening Moments." Find a quiet and comfortable space to engage in this practice.

### 2. Recall an interaction

Reflect on an interaction or conversation you had during the day. It could be with a colleague, family member, friend, or anyone you engaged with.



### **3. Analyze your listening**

Consider how well you listened during that interaction. Were you fully present and attentive, or were you distracted by external factors?

### **4. Understand emotions and messages**

Delve deeper into the emotions and underlying messages conveyed by the speaker. Try to identify their feelings and concerns beyond the words spoken.

### **5. Practice empathetic responses**

Assess how you responded to the speaker. Did you offer empathetic responses that acknowledged their feelings and experiences? Try to think of possible reactions that demonstrate more empathy and understanding.

### **6. Identify areas for improvement**

Recognize areas where you could have listened more effectively or demonstrated more empathy. Set goals for actively improving these aspects in future interactions.