



"How was your...?"

# 1. Listening Skills

Listening brings families closer together. Its a great gift to be listened to plus it also encourages sharing which is so important for good mental health and a key building block for your other 3 skills.

Gather the family and take turns answering the following questions.

## Question 1.

What **did** you like about your day/week?

## Question 2.

What **didn't** you like about your day/week?

## Question 3.

What are you **looking forward** to tomorrow/next week?

### What works best?

- ✓ Everyone has a turn to speak. Try using a Talking Stick to show whose turn it is.
- ✓ One person speaks at a time
- ✓ Everyone else is listening without interrupting

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