

Peer Sharing (Co-listening)

Target:

Activity is appropriate for grades 3 - 12

Purpose:

Students have the opportunity to share thoughts and feelings within a safe and structured activity. Listening skills are taught and practiced.

Materials:

No materials are needed for this activity

Content:

This is a two-part activity that provides students an opportunity to: 1) relieve stress by talking about what they are thinking or feeling in the moment, while being intentionally listened to, and; 2) talk about opportunities and solutions related to the topic at hand to help move beyond current feelings of stress and/or tension. The activity involves one student talking while his/her partner(s) listens without comment.

Set the stage with students by establishing rules for safe sharing. For example: Be respectful, no teasing, information shared is not talked about once activity ends (stays in the classroom), respect all feelings, ideas, opinions. Before beginning, model the activity using yourself and student volunteers to clearly demonstrate the activity.

Instructions:

Part One

1. Students should be in pairs; have students find a partner (e.g. you can number off students 1, 2, 1, 2...).
2. Student #1 talks while student #2 simply listens (*e.g. ask Student 1 to share how they are feeling today and why? Or how they are feeling at the moment Or about any concerns or worries they are experiencing*).
3. After 1-3 minutes the students switch roles and student #2 talks while student #1 listens for another 1-3 minutes (*Student #2 now talks about the same question, e.g. how they are feeling today and why?*).

Part Two

4. After the pairs are done sharing, group students in triads (groups of three; again you may number off students 1, 2, 3, 1, 2, 3 ...).
5. Student #1 talks while students #2 and #3 listen (*e.g. ask Student 1 to talk about opportunities and solutions related to current issue or stressors he/she is experiencing or concerned about*).
6. Every 1-3 minutes switch until each student in the group has a turn to talk.

7. OPTIONAL: Students may share with whole class their experience of sharing thoughts and feelings while being listened to and what it is like to listen intentionally without comment.
8. Check in with students to see if they feel any sense of relief, calmness, focus or less stressed as a result of the activity.

Extension:

Teacher may follow-up by having students practice peer sharing at other times. Encourage students to practice this method on their own amongst themselves for mutual support.