



My Listening Light

Listening is a relationship skill that will help your child be better able to sustain positive relationships with friends, family, and classmates. Effective listening skills can also enhance your child's ability to learn and focus. Visual and verbal clues help children get ready to listen and show they are listening.

Use the Listening Light approach to teach your child skills for effective listening:

1. **RED LIGHT** STOP moving and talking.
2. **YELLOW LIGHT** LOOK at the speaker.
3. **GREEN LIGHT** LISTEN to the speaker.

Your daily conversations provide opportunities for you to model how to be a good listener while allowing your child to practice the Listening Light approach to effective listening.



Building Your Child's Social and Emotional Competence

Relationship skills is a social and emotional learning competency that helps children establish and maintain healthy and rewarding relationships with diverse individuals and groups. These activities help children build essential communication skills.

Search for It!

Tell your child that you have hidden treasures in the house or yard. Explain that your child must listen closely, using the Listening Light steps to figure out the clues to find the treasures. Give clues to the hidden treasure without saying the name of the hiding space.

Draw It!

Give your child "tricky" directions for drawing a picture. For example, ask your child to "draw a yellow flower and write the word blue." Explain that your child will have to listen closely to follow the directions. Have your child use crayons, colored pencils, or markers to follow your directions.

Many children are experiencing feelings of uncertainty, anxiety, and fear due to the onset of COVID-19. They need a chance to share their thoughts and feelings and ask questions. Make sure you are accurately informed and ready to educate your child knowing the information is evolving all the time. Get information from: The Centers for Disease Control (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

