



# SOCIAL AND EMOTIONAL LEARNING



## ARE YOU AN ACTIVE LISTENER?

Image by Andrew Martin from Pixabay



Active listening means intentionally hearing the words that another person is saying as well as their meaning. It means giving the other person your undivided attention, and resisting the urge to plan what you're going to say while the other person is speaking. Give it a try today!

Practicing active listening encourages Relationship Skills, one of five core Social Emotional Learning Competencies. Learn more here: [bit.ly/nysel](http://bit.ly/nysel)