



Welcome to Summer Fun!

Week 7: The Art of Listening

1. **Watch this video:** <https://www.youtube.com/watch?v=qpnNsSyDw-g>

- What am I surprised about in this video?
- How does this relate to my life?
- What can I do differently based on what I learned?

2. **Challenge:** Create a safe space to listen to someone in your life. What can you do to create an environment where someone will feel heard?

3. **Level up challenge:** Practice using the following phrases.

- "Go on"
- "Tell me more"
- "What else?"