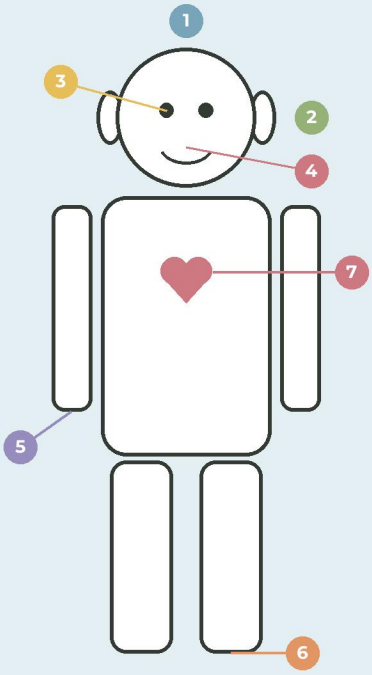
My Listening Body

Listening is my brain working on what I hear. Every body listens a bit differently. I can find what helps me.

Name: _____ **Date:** _____

1 What helps my body listen? Tick what helps me. There is more than one right way.



Draw or color the parts that help me most.

1 Brain my thinking

- [ ] I think about the words
- [ ] I make a picture in my mind
- [ ] I notice when I drift and tune back in
- [ ] I ask: what is the main idea?

2 Ears hearing the sound

- [ ] My ears are ready to hear
- [ ] A quieter spot helps me
- [ ] Headphones or ear defenders help
- [ ] I tell an adult if it is too loud

3 Eyes what I can see

- [ ] Looking at the speaker
- [ ] Looking at the board or book
- [ ] Looking down or away to think
- [ ] Eyes resting somewhere calm

4 Mouth room for listening

- [ ] Quiet while others talk
- [ ] I save my idea for later
- [ ] I write or draw my idea
- [ ] Water or a quiet chew helps

5 Hands busy or still

- [ ] Hands still
- [ ] Holding a quiet fidget
- [ ] Doodling while I listen
- [ ] Taking notes

6 Body how I sit or stand

- [ ] Sitting on a chair
- [ ] Sitting on the floor
- [ ] Standing or a wobble seat
- [ ] A short movement break first

7 Heart caring about the message

- [ ] A nod or a thumbs up
- [ ] Asking a question
- [ ] Saying back one thing
- [ ] Remembering it later

2 What else helps me listen? Tick all that help. Show this to my teacher.

- [ ] Directions one step at a time
- [ ] Directions written down or in pictures
- [ ] Sitting near the speaker
- [ ] Sitting away from noise or windows
- [ ] Knowing what to listen for first
- [ ] Extra time to think before I answer
- [ ] A movement break before a long talk
- [ ] A snack or water first
- [ ] Someone checks that I understood
- [ ] A visual timer for how long

Listening is easiest for me when: _____

Listening is hardest for me when: _____

One thing I want to try this week: _____

Original layout by Lotus & Tulip. A listening tool, not a rule. Not a hearing or attention assessment.

Free printable from Lotus & Tulip · lotustulip.com/whole-body-listening-worksheet.html

My Listening Plan

My plan uses what helps me listen. My choices should not stop other people from listening.

Name: _____ **Date:** _____

1 When I listen, I will... Copy my best choices from page 1

My brain job: _____

My eyes: _____

My hands: _____

My body: _____

My mouth: _____

If I drift, I will: _____

A support I can ask for: _____

2 I can show I got the message by... Listening shows in what I understood, not in how I sit

- ☐ A nod or a thumbs up
- ☐ Saying back one thing I heard
- ☐ Asking a question
- ☐ Starting the first step
- ☐ Writing or drawing it
- ☐ Telling a partner

To ask for a support I can say:

"Can I _____ ? It helps me listen."

3 My listening tracker One check each day: a story, directions or a meeting

Day	When I listened	What helped me	How did it go?
Mon			☐ Great ☐ Okay ☐ Hard
Tue			☐ Great ☐ Okay ☐ Hard
Wed			☐ Great ☐ Okay ☐ Hard
Thu			☐ Great ☐ Okay ☐ Hard
Fri			☐ Great ☐ Okay ☐ Hard

For counselors, SLPs, teachers and parents

1. Check listening by the message, not the posture: ask the child to tell you one thing they heard.
2. Never require eye contact. Looking away, fidgeting, doodling or standing can be how a child focuses best.
3. Keep one shared limit: listening choices should not stop others from listening. Swap noisy tools for quiet ones.
4. Share the plan with every adult who works with the child, so agreed supports are not corrected.
5. Keep listening times short and predictable, and give spoken directions with a visual when you can.
6. Review the tracker together at the end of the week and change what is not working.

Often seems not to hear or follow directions? Ask for a hearing screening and talk with the school speech-language pathologist.

Notes: _____

Notes: _____

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