Social Club

BRIDGE Lab

Activity 4.3

Active listening exercise

Now let's pair up with someone you usually don't work with/or hang out with. You are going to be working together for the next minutes. You can decide who will be keeping the time.

Step 1: Decide on the topic you will be discussing, it can be anything from cats to a more complex topic (have you witnessed exclusion or discrimination in your school or what do you think is unfair in your school). 5 min

Step 2: Person A speaks for 2 minutes while Person B listens

Step 3**:** Person B speaks for 2 minutes while Person A listens

Step 4: Both reflect and discuss together for 4 minutes

It's important that the listener knows that they are there, NOT to: share their own similar story / give advice or try to fix the problem / judge or evaluate what's being said/ think about their own response while the other person is talking. The task is to actively listen.

Step 5: Guided reflection

Reflection questions for the whole group:

- "How did it feel to be listened to without interruption?"
- "What was it like to just listen without being able to respond?"
- "Did you learn anything about active listening or empathy through this exercise?"

Step 6: Reflections

Reflect together or in pairs:

- What does empathy mean for me?
- How can empathy be useful to tackle discrimination?

Step 7: Individual Reflection
Now write briefly on paper, it is not needed to share your own reflections with the class.
> One emotion I need to monitor better:
(This is about self-awareness—recognizing which emotions tend to make you reactive)

_____

> One situation where I could practice empathy this week:

_____

> How I can express difficult emotions WITHOUT using them as a weapon:

_____

Understanding emotions and practicing empathy are essential for building inclusive and supportive learning environments.