

Empathy Builder: Listening Activities

Concept: Truly listening to others builds empathy.

Children will learn to expand their sensitivity and focus in listening skills.

Activities: Purposeful Listening

1.) Listening to music

2.) Art expression

3.) Listening to another person

1.) **Listening to Music:** Select a piece of non-verbal music that has a variety of tones, beats, pitches and moods. Ask the children to sit quietly as you play it, closing their eyes and listening carefully. Ask them to notice the tone, rhythm, melody, loudness, softness etc. Most classical music pieces are great for this.