


# Practice of Peace ~ Speaking & Listening

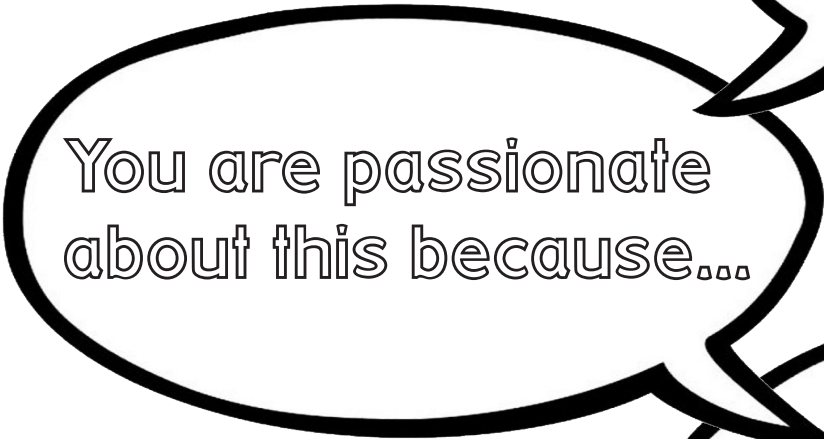
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1. Sit opposite one another.
2. Label your selves A and B.
3. Person A talks to Person B for 2 minutes about a topic which really interests them (uninterrupted - if person A stops talking during the 2 minutes, person B remains silent)
4. B listens carefully to A to understand why this topic is so important to them.
5. Person B then provides feedback to Person A to demonstrate their understanding. Use the sentence starters below to help get you started.
6. Once person A can say, 'yes – you've understood me', the exercise is finished. Then swap roles.

## SENTENCE STARTERS:



What I heard you saying is...



You are passionate about this because...



Something I noticed is...



I am curious (wonder about)...