



## **Skill: Listening**

Listening is the most basic skill for all school students and the first skill taught in the Stop and Think process. At the Kindergarten level, students are taught to get into the listening position (making eye contact, body facing you, ears open) so that listening naturally follows. As students get older, they are expected to listen for longer periods of time and to more complex information. Listening is a critical skill as its mastery is directly linked with academic success. Therefore, it's important for students of all ages to learn and review the steps of listening.

### **Use the Stop and Think language at home with your children to help reinforce the steps of listening.**

Help younger children (Kindergarten through grade 3) to verbalize the following steps when they need to listen:

**Step 1:** Stop and Think.

**Step 2:** Am I going to make a good choice or a bad choice? A good choice!

**Step 3:** What are my choices or steps?

1. **Eyes** – Look at the person who is talking.
2. **Hands** – Put your hands in your lap and get into the listening position.
3. **Feet** – Put your feet on the floor.
4. **Mouth** – Make sure your mouth is closed and quiet.
5. **Ears** – Hear what is being said to you.

**Step 4:** Just do it!

**Step 5:** Good job!

Encourage older children (grades 3 – 5) to verbalize the following steps when they need to listen:

**Step 1:** Stop and Think.

**Step 2:** Am I going to make a good choice or a bad choice? A good choice!

**Step 3:** What are my choices or steps?

1. **Look** at the person who is talking.
2. **Think** about what is being said.
3. **Wait** until the person stops talking.
4. **Ask** a question if needed.
5. **Say** what you want or need to say.

**Step 4:** Just do it!

**Step 5:** Good job!

# **Skill: Following Directions**

If listening is the most basic skill for all students, then following directions is the second most basic skill. This is because students initially learn most things by modeling or imitating others while following their directions and then by trying to do those things themselves. If students are unable to follow directions effectively, they may learn new things incorrectly, ineffectively, or not at all. At the middle to late elementary school level, students must follow more complex instructions than in the past, often involving multiple steps or multiple levels.

**Use the Stop and Think language at home with your children to help reinforce the steps of following directions.**

Help children to verbalize the following steps when they need to follow directions:

**Step 1:** Stop and Think.

**Step 2:** Am I going to make a good choice or a bad choice? A good choice!

**Step 3:** What are my choices or steps?

1. **Listen** to the direction.
2. **Ask** a question if needed or if you don't understand.
3. **Repeat** the direction out loud or to yourself.
4. Get ready to **follow** the direction.

**Step 4:** Just do it!

**Step 5:** Good job!

\*\*Information taken from The Stop and Think Social Skills Program developed by Dr. Howard M. Knoff.