

Reflective Listening Formula

Any of the following can show that you understand how your child is feeling or can help your child to tell you how he or she feels.

You're (insert feeling word) for or because (state reason for the feeling) .

Sounds like you're _____ (insert feeling word or phrase) .

You seem _____ (insert feeling word or phrase) .

It seems like you are feeling _____ (insert feeling word or phrase) .

Looks like you're feeling sort of _____ (insert feeling word or phrase) .

Examples:

"You're upset because Bobby took your favorite toy. It is hard when others take things from you."

"You're angry with me because I would not let you go to Sara's house."

"You seem sad today."

"Sounds like you're frustrated."

"It seems like you are feeling left out because Joey wouldn't let you play."

"You're feeling sort of discouraged about math."

"Looks like you're feeling sort of unhappy today."

Identify the Feelings

Cut apart the statements below and put them in a basket. Allow participants to draw slips from the basket and read them in a way that expresses an emotion or feeling. Other class members should try to identify the feelings being expressed.

Just look at what I made!

That dog is huge. Does he bite?

There's nothing to do.

I never will be a good volleyball player.

That teacher doesn't grade fairly.

You always buy her things.

I guess I shouldn't have hit him.

I wasn't the only one who was doing it.

You don't care anything about me.

There's no use in even trying. I can't do it.

I can't stand the sight of him!

That's not a bad serve for a girl.

I just don't understand why they're treating me this way.

I think it will work out all right.

Reflective Listening Worksheet Examples

What the child says	“Know-it-all” response	“Judge” response	“Consoler” response	Reflective listening response
1. Math is so dumb! Why do I need to learn fractions, anyway?				
2. I got chosen last for softball in gym class today.				
3. You’re so mean, I hate you!				
4. I look stupid in this outfit.				
5. I mad an A on my paper!				
6. Mr. Jones is so mean. He yelled at me and made me stay in from recess.				

Reflective Listening Worksheet Examples

What the child says		“Know-it-all” response	“Judge” response	“Consoler” response	Reflective listening response
1.	Math is so dumb! Why do I need to learn fractions, anyway?	Math was my best subject in school. You can learn. It just takes hard work.	You’re not trying hard enough. We’ll have to ground you until you bring up your grades.	It will all work out fine. You won’t use math much anyway. Let me give you a hug.	Sounds like you feel frustrated because you are having problems with fractions.
2.	I got chosen last for softball in gym class today.	You just need to work on your swing. Just let this pro teach you how its done.	Those kids are so stupid. They wouldn’t know a good softball player if they saw one.	You’re my little slugger. You’ll always be first on my team.	You feel hurt because others didn’t choose you.
3.	You’re so mean. I hate you!	Listen, it’s my job to be mean. I have to teach you what is right and wrong.	Don’t you talk to me like that.	Now, you know you don’t really mean that.	Sounds like you’re really mad at me for grounding you.
4.	I look stupid in this outfit.	Why, that’s the latest fashion. Everybody wants an outfit like that.	I spent \$30 on that outfit, so you better like it.	You look great! You are the best looking kid on the street.	You’re embarrassed to wear this to church because the other kids don’t dress up.
5.	I made an A on my paper!	I was a straight A student when I was your age. You’re just a chip off the old block.	You’re the smartest kid in the class. I’m proud of you.	I always knew you were smart. I can’t wait to tell your grandmother.	You feel proud because you really worked hard to get that A.
6.	Mr. Jones is so mean. He yelled at me and made me stay in from recess.	All teachers seem mean, but they are there for your own good.	You must have done something to make him mad. What did you do this time?	You poor thing. Let me get you some milk and cookies. That will make you feel better.	You’re angry because Mr. Jones made you stay in from recess.