**Handout 2**

P.U.R.R.

Guidelines for Active Listening

Pay Attention

* Look at the speaker.
* Encourage the speaker with your body language.

Use Encouragement

* "Use your words."
* "Can you tell me about it?"

Restate

* "You do not like to eat peas."
* "You do not want to come inside now, you want to

stay outside and play."

Reflect Feelings

* "It makes you mad when a toy is taken away from you."
* "You are sad because your mommy left."