

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."

