Language Sequence In A Listening Circle

Use this format to guide your practice together in listening partnerships

- Start by both sharing one thing that's going well this week
- Agree on how much time you will each spend sharing, and how you are going to time each session (e.g. set an alarm?)
- Decide who wants to share first
- The first person shares their thoughts and feelings, while the second person listens
- When your time finishes, wind down your thoughts and feelings
- Your listener will ask you if you want a question, or you can say, "Can I have a question please?". It's good to ask a question which is sensory, e.g. what is your favourite pudding, or name three things in the room that are red
- Swap over and repeat the sequence
- Finish by BOTH sharing one thing you are looking forward to

Adapted from a guide developed for Laura's Listening Circle