



How I Listen...

Just because I may not use eye contact or may enjoy doing other activities when someone is speaking to me does not mean I am not listening. To help you understand and accept how I process the world around me, this downloadable resource will show what I like to do when listening.

Using the words below complete how you listen best. You can ask an adult to help you complete this.

-  • *Swinging in my chair*
-  • *Fidgeting*
-  • *Relaxing*
-  • *Moving my hands*
-  • *Playing*
-  • *Listening to music*

I listen best when I am

Insert my picture here

-  • *Pacing*
-  • *Moving my fingers*
-  • *Closing my eyes*
-  • *Being outside*
-  • *Lying down*
-  • *Humming*

Other ways I listen best:

