



I colour, I listen

This is a skill listening and questioning development activity. It goes some way to developing sensory acuity.

Objectives To develop active listening skills, and to develop sensory acuity

Time 5 to 10 minutes

Find someone to work with on this activity to start with. When practiced it becomes a normal part of your routine.

Take notes of VAK (Visual, Auditory, Kinesthetic) words, Key-words or phrases used by the other person and ignores (as much as you can) content. The conversation should last no more than 5 minutes.

Ask open questions and practice your active listening skills - paraphrasing, clarifying, reflecting, linking, summarising, encouraging. Commence by asking the other person to relate a story about their last holiday (or some other significant recent event that is personal but not too personal).

The other person responds as themselves.

After about 4 minutes, you should wrap-up the conversation appropriately.

Questions to ask each other "How do you feel about the conversation?"
"What VAK words were most used?"

Change roles.

One tip to help you pay greater attention to any other person. Look them in the eye and make a note (mental or real) of their eye colour. By the way, 'Brown' or 'Blue' is not the answer... what shade of brown? How bright? Different flecks of colour.

This not only ensures that you make eye contact, you attune yourself to the detail.

I Colour – I Listen Observer Template

Visual		Auditory		Digital		Kinaesthetic	
See		Hear		Sense		Feel	
View		Sound		Understand		Grasp	
Show		Resonate		Learn		Hard	
Reveal		Question		Decide		Concrete	
Illuminate		Listen		Consider		Touch	
Clear		Rings a bell		Perceive		Get a grip	
Focused		Tune in/out		Process		Solid	
Look		Make music		Change		Make contact	
Imagine				Conceive		Hold	
Hazy				Think		Catch on	
Picture				Know			
Appear							

Key Words and Phrases	How often
Eye colour	