

Listen Before You Reply

Learn together, one small step.



Look closely

You have a great idea, but your friend is still talking. What could you do?



Story 1 / 3



Xiaohe and Lele were drawing an imaginary playground. "I want to leave a space beside..." Xiaohe began. "The tallest slide!" Lele interrupted. Lele drew several long lines. Xiaohe put down her pencil. "But I have not finished yet."

Pause and ask: Why did Xiaohe put down her pencil?

Story 2 / 3



Lele sketched his own idea on a little piece of paper and set it aside. "What space did you want?" he asked. Xiaohe pointed to a corner. "A quiet reading hut. Sometimes I do not want to keep running." After listening, Lele checked: "You want somewhere to rest. Is that right?"

Pause and ask: How did Lele check that he understood?

Story 3 / 3



"Yes! With soft cushions," Xiaohe added. When it was Lele's turn, he explained his slide. They left room on the big sheet for both the slide and the reading hut. Listening did not mean giving up an idea. It gave both children's ideas a little space.

Pause and ask: Why could the big sheet hold both ideas?

A Buddhist idea

Make room for another person,
and for your own ideas too.



Talk together

How did drawing his idea on a small sheet help Lele?

How is “Do you mean...?” different from deciding what another person means?



Try an activity

Take turns describing a park corner.



For grown-ups

Read aloud, discuss and try a small activity.

Stories and exercises: BlessFu

Illustrations: AI-assisted

Full references and guidance are in the companion booklet.

