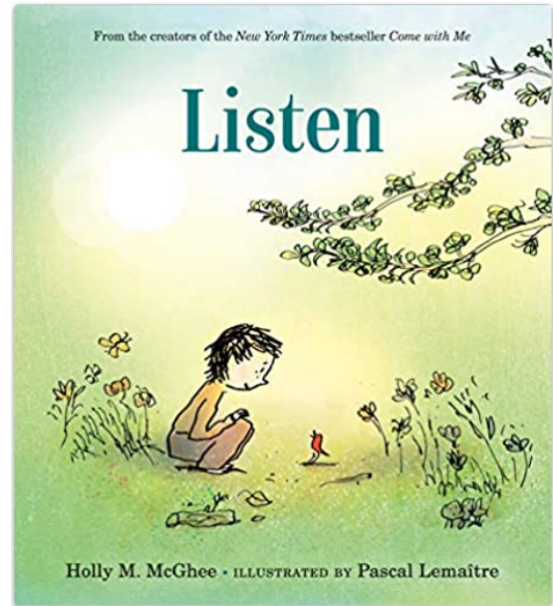


Listen

by: Holly McGhee

Parents: Empathy is a very important skill. The ability to put ourselves in another's shoes opens our hearts to listen and helps us to view the world with kindness and compassion. Look for opportunities to practice this. It is a learned skill that requires practice. It is sometimes outside of our comfort zone, but it helps us connect with others and helps us to see the dignity in others. On the title page, there is a quote by Vincent Van Gogh. Talk about what love means. How do we know we are loved? Why is something done in love, done well?



The book starts with “Listen”, who is the “us” in the book? How do we “listen to another?” Why is listening important?

“Look”: who is the “all of us”? Does it include people we cannot see?

- “Stars”: Who sees the stars?
- “Breathe”: Can the air belong to anyone?
- “Taste”: How is food from the sun and rain? How are they all a part of food?
- “Dig”: What does it mean to be “we”? What do roots do for plants? How do we have roots? How can we have the same roots, yet different parents? (We are one family. We are a part of a bigger family than those who live in our house.)
- “Listen with your heart”: How can we listen with our hearts? How is it different from listening with our ears?
- “Your heart can hold everything”: How can we open our hearts to include “the story of all of us”?

Share how our stories are interwoven.