



## Resources – Active Listening

- [https://www.ted.com/talks/guy\\_winch\\_why\\_we\\_all\\_need\\_to\\_practice\\_emotional\\_first\\_aid](https://www.ted.com/talks/guy_winch_why_we_all_need_to_practice_emotional_first_aid)
- <https://www.verywellmind.com/forty-healthy-coping-skills-4586742>
- <https://positivepsychology.com/coping-skills-worksheets/>
- <https://www.goodlisteningkills.org/active-listening-games-exercises-activities/ - game-7>