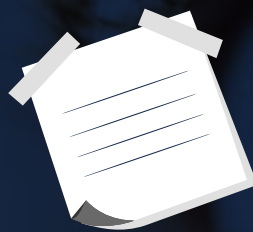


# TalkTheTalk

CONFIDENT COMMUNICATION FOR LIFE



## Visual Communication Exercise

### Visual Communication Exercise

- ✓ Develop interview techniques
- ✓ Improve eye contact
- ✓ Boost self-esteem



**10 MINUTES**

Ideal to use at the start or end of a lesson.

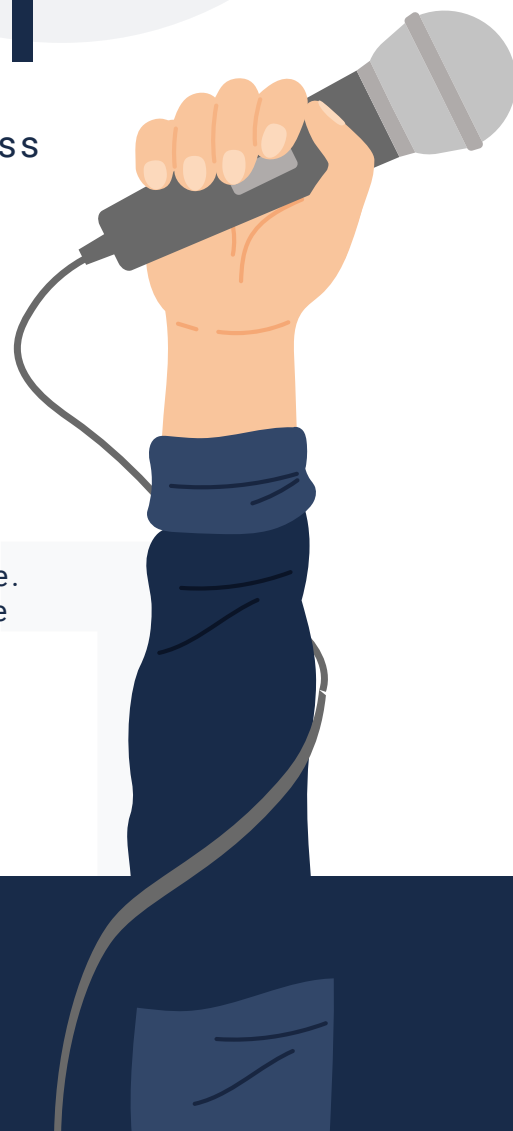
## Eyeball to Eyeball

The aim of this exercise is to raise an awareness of and improve eye contact when speaking in front of others.

Ask a volunteer to talk about anything – it could be subject specific, an anecdote or simply about what they had for breakfast. The speaker aims to make eye contact with everyone else in the classroom as they speak. When an audience member registers that eye contact has been made, they raise their hand, or stand up / sit down.

Teachers can introduce a competitive element by timing students to see who can accomplish this in the fastest time. This exercise should be time specific and fast moving – the faster the better!

This exercise can be employed to ascertain knowledge retention after a specific subject has been covered in the curriculum by making this the topic of each talk.



For more information about our **Talk The Talk** workshops contact:



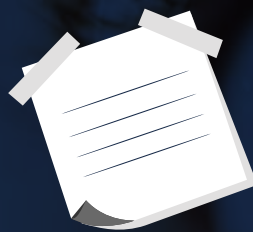
[info@talkthetalkuk.org](mailto:info@talkthetalkuk.org)



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## Visual Communication Exercise

### Visual Communication Exercise

- ✓ Recognise body language
- ✓ Read visual signs
- ✓ Control expressions



**20 MINUTES**

Ideal to use at the start or end of a lesson.

## The Chair Exercise

Ask a volunteer to sit in a chair at the front of the room and instruct them to do absolutely nothing for thirty seconds.

Inform the remaining students to observe and be prepared to comment on what they see. After the time has elapsed, ask the group to feedback on their observations prompting if necessary for comments on what they saw, both physically and emotionally.

Ask the volunteer to comment on how the exercise made them feel. Should you wish – repeat the exercise with another volunteer and corresponding discussion. Ask of the group – Is it possible to do absolutely nothing?

The feedback and discussion should establish that it is not possible, and inform all students that they are always giving off visual signals that link to their emotions – signals that can be read by others in a variety of life situations e.g. Training/University/Job Interviews – and therefore, one must be aware of the signals we are expressing visually.



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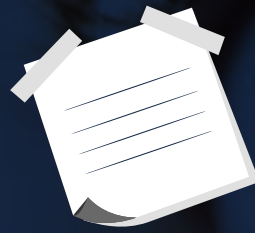
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## Visual Communication Exercise

### Visual Communication Exercise

- ✓ Encourage visual communication
- ✓ Develop leadership skills
- ✓ Make decisions



**10 MINUTES**

Ideal to use at the end of a lesson.

## Visual Line Up

This exercise is designed to encourage visual communication – and be a fun end to a lesson.

Without speaking, or making any noise – students are asked to line up according to a certain criteria determined by the teacher.

The criteria can be simple, such as shoe size, or requiring visual decision making, such as hair colour.

This exercise can be repeated several times and often provides a way to encourage people to make decisions, communicate visually and take on different leadership roles.



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