

Freeze Gesture

Facilitator Moves

PROCESS

- Hold a gesture in space for an observable amount of time with little or no significant movement. This occupies the listener unconsciously.

ALTERNATIVES

- Working with a group, combine with frozen body to focus attention.
- Working with an individual, combine gesture with averted eyes to hold silence from the other until you are ready to speak.

TIPS

- Explore various gestures in order to develop a few with which you are comfortable.