

Freeze Body

Facilitator Moves

PROCESS

- Stand. Say “Please look [insert a pause] this direction [pause]. Thank you.” Maintain eye contact with the group and keep your body still.

ALTERNATIVES

- Add a frozen gesture. A frozen gesture is held in space for an extended amount of time, with little or no significant movement.

TIPS

- Kinesthetically oriented learners often do not process the information they hear; thus, the frozen body indicates to them, in a respectful way, “Be quiet and pay attention.”
- When groups are tired, the first modality to weaken is the auditory.