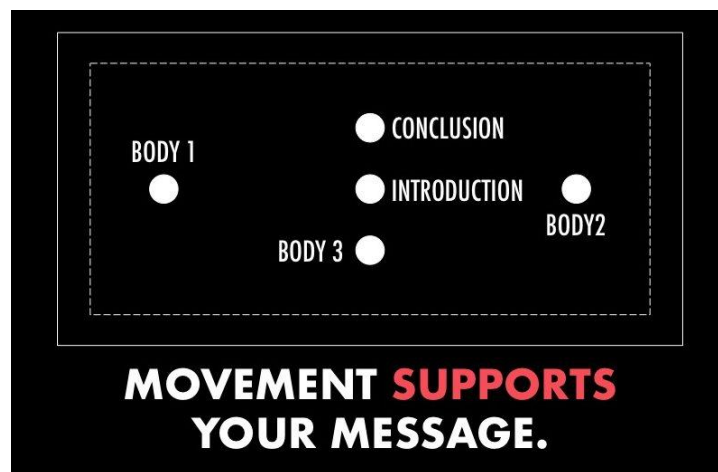


Whole Body Movement (and when to stand still)

WHEN SHOULD YOU STAND STILL?

- When you are actively transmitting an idea
- Stand straight with your shoulders back, feet shoulder width apart, lift your chin
- Relax your hands to either side of your body so that you can easily gesture when needed.
- Have a fixed location for each individual message you wish to convey



WHEN SHOULD YOU MOVE?

- During transitions between points. Move with a purpose to your next location. – In theatre we call this blocking.
- Step forward for key points.
- Immerse yourself in a story and add actions to your words
 - ... and then I stormed into the room
 - ... she was taken aback by the ghastly scene
 - Pivot and use focal points to indicate dialogue or conversation (Think interp practices and incorporate them in your speech)
- Own the stage!

BODY MOVEMENTS TO AVOID

- Pacing – constant movement is distracting from your message.
- Swaying or rocking, but don't lock your knees. You may experience dizziness!
- Clasping your hands behind your back or in front of your hips
- Putting your hands in your pockets

RECORD, REVIEW and ADJUST