

## Teaching Delivery Check-in: Basic Points of Check-in and Refinement in Teaching Group Classes

Verbiage: Too Much, Too Little, Just Right

1. Giving Direction
  - A. Basic Direction = Verb. Body Part. Direction.
  - B. Consciously choice of other words and directions: “now go ahead and”, “maybe you’d like to” fillers or tone setters? Careful with cautions and what not to dos.
2. Be mindful of action words or verbs!
  - A. Use the five basic actions: yield, push, reach, grasp, pull or similar action verbs to direct action.
  - B. Create imagery that relate to the body’s actual anatomy (“Float like a butterfly, sting like a bee!”)
3. Teaching Beyond the Practices
  - A. Soliloquies. A theme that relates to them! It’s not about you . . .
  - B. Start them off, then talk..
  - C. Let there be peace...silence too
4. Vocal Projection
  - A. Breathe in first.
  - B. Give yourself a tactile reminder to project.
  - C. Lift your head and/or come out of a pose to speak if need be.
5. Be Mindful of your Pacing: especially if not practicing with your class
  - A. Look around
  - B. Ask
  - C. Give permission to go it alone