



SELF-LEARNING ACTIVITY 1

EXPRESSIVE READING WITH THE VOICE AND BODY

OBJECTIVES

Practice expressive reading using the wide variety of resources that voice and body offer us through the following skills: reading comprehension and interpretation of the text, projection and modulation of the voice, open body position, natural connection between voice and body, reduction of stage fright and improving self-confidence.

TIME REQUIRED

30 minutes. 5 minutes to rehearse the text, 10 minutes to read it aloud and video record it, and 10 minutes to rate it and re-record it.

NUMBER OF PEOPLE

Individual.

TECHNICAL REQUIREMENTS

A video-recording device.

INSTRUCTIONS

1. Read the following passage from the text *How to read*, by Josep Pla, following the instructions in (2):

HOW TO READ by Josep Pla

I don't think the question is basically about reading a lot, but about reading well. I, at least, have always defended this principle; unfortunately, I haven't always practiced it. As a youth — from seventeen to twenty-seven — I read everything that fell into my hands — that is, in a disorderly manner. Having had a somewhat vivid memory, the reading, vast and disordered, gave me the illusion that I was advancing positively. I realised, however, that this was not the case. I already understand that reading well is painful and difficult. Paying attention to things - in a text - looking at them well, slowly, involves a great deal of effort. The natural state of man is not attention: it is dispersion, it is flying from branch

to branch like birds. That is why observing is more difficult than chatting, than improvising, than delirium. Observing is harder than thinking.

Notes disperses. Ed. Destino

2. Read the text aloud considering the following instructions, appropriate to the expressiveness of the text, and video-record it:
 - Use good diction and read the text with clear articulation of the sounds.
 - Use an appropriate speed.
 - Use an appropriate volume, that is, an intensity neither too high nor too low.
 - Use natural and expressive intonation (neither very monotonous nor very emphatic).
 - Use gestures that connect you to the audience, typical of open body language.
 - Use gestural communication that naturally accompanies the text.
 - Vary these strategies to make the speech more dynamic.

Listen carefully to the advice that the poet Josep Pedrals offers you to read aloud, watch the video "Reading aloud: 10 tips" that you will find through the following link: <https://vimeo.com/403247088/178670b2cf>.

3. Watch what you have recorded to rate the items in (2). You need to assess whether the overall tone is correct, and your performance does not sound muted or boring. It's best if a partner or family member helps you and gives you their impressions.
4. With those comments in mind, try to improve the first version and record it again.

SELF-EVALUATION AND REFLECTION GUIDE

The evaluation will be based on listening to the recording that you have made. The important points to bear in mind are those listed in the instructions and related to the advice we have given you in the video to avoid prosodic and gestural monotony. Repeat your performance as many times as necessary until it convinces you.

- I use good diction and read the text with clear articulation of the sounds.
- I use an appropriate speed (neither very slow, nor very fast).
- I use an appropriate volume, that is, an intensity neither too high nor too low.
- I use a natural and expressive intonation (neither very monotonous nor very emphatic).

- I use gestural signs that connect with the audience, typical of open body language.
- I use gestural communication that naturally accompanies the text.
- I vary these strategies to make the speech more dynamic.
- Do you use appropriate language?
- Have you tried to use *storytelling*?
- Do the slides emphasise what is most important? Do they complement your explanation well?
- What has the audience who watched you rehearse said to you? Have you taken their comments into account?
- Have you noticed whether taking deep breaths before the rehearsal and warming up your voice and body make you feel better? Before starting did you take a moment to concentrate on what you were going to explain?

Good luck!