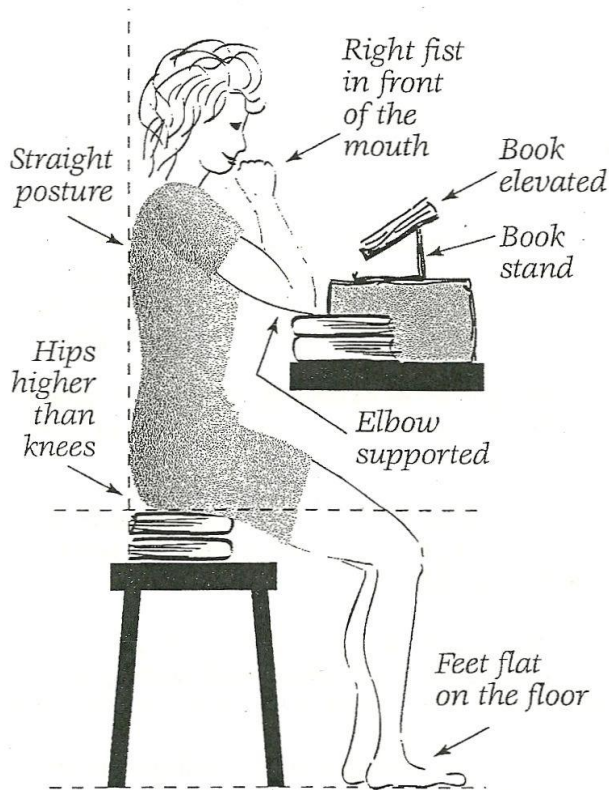


THE READING OUT LOUD EXERCISE



Like athletes who train daily to improve in sports, students can train their listening by practicing reading out loud. The more you practice, the better your listening will be!

1. Choose books that are easy to read. The more difficult the reading, the more hesitations and less flow! This is more listening to your voice exercise than a reading exercise. The more you practice the better your listening will be!
2. Place the book on a book stand to have your eyes at a 90° angle from the page. If you do not have a stand, try using the screen of a laptop computer as a support. This will help you to obtain the best position of the head.
3. While reading, sit with your back straight, taking the posture as illustrated. Your feet are flat on the floor and your seat higher than your knees.
4. Make a fist with your right hand; place it in front of your mouth so that the junction between the thumb and the index finger is facing the mouth, about one-inch from your lips as if your right hand were a microphone. Your fist should be close enough to your lips to feel the warmth of your breath. You can hear how your voice changes when your right fist is properly placed.
5. You may rest your right elbow on the desk during the exercise as long as it does not interfere with your posture. Use a pile of books or a shoe box under your elbow for support.
6. Read slowly, push your lips forward while pronouncing the words, as in saying the words “spitting cherry pits”. Since it is a self-listening exercise, it is important that your ear receives all the sounds as clearly as possible.
7. “Tell the story” as if you had an audience in front of you, as it will enhance the expression and intonation in your voice. Imagine a group in front of you; if your voice is too low, mumbled or monotone, your audience will fall asleep...and so will you!
8. When making a mistake with a loud and clear voice, your brain perceives a difference between the word you say and the word you see, making self-correction automatic. This is what good readers do and what this exercise trains you to do. It is important that no one corrects you while doing this exercise.
9. When reading, focus on the expression rather than the meaning, and the meaning will come.
10. Do the reading out loud exercise 20 - 30 minutes each day. As you get used to the exercise, you can extend the reading time. ...and most importantly: have fun!