

Exercise #3 Looking and Listening for VAK Clues

In this group exercise you will practice observing and listening for VAK clues.

Instructions: In groups of three or four, write down your observations for each person. Notice the questions are about describing the *sensory-based* details of your life and their lives. You can ask for different examples if you need more information, but please watch the time, so everyone has a turn. Allot an equal amount of time for each person to ask questions.

1. Describe your spouse, partner, friend at work, child, other friend, relative, neighbor, or colleague.

- Eye movements
- Tone of voice
- Shift in Posture
- Hand movements
- Vocabulary

2. Describe your home.

- Eye movements
- Tone of voice
- Shift in Posture
- Hand movements
- Vocabulary

3. Describe your library.

- Eye movements
- Tone of voice
- Shift in Posture
- Hand movements
- Vocabulary

4. Describe the plot of a book, television show, movie, play, opera, graphic novel, etc.

- Eye movements
- Tone of voice
- Shift in Posture
- Hand movements
- Vocabulary