

# UNEX Cultivating Oral Expression



## Title: Stand Up for Fillers



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Title: Stand Up for Fillers

**Keywords:** #speaking, #oral expression, #conversation fillers, #vocabulary, #communication, #listening

**Duration:** *Approximately 30 mins.*

Description:

How many people use “like” or “um,” or “uh” or “so,” or “right” to fill a silent space? It is a nervous habit that is often rooted in the perceived discomfort of silence. This activity helps eliminate these fillers in conversation or in public speaking.

## Objectives:

*Please list the objectives you want to achieve (short and long term)*

1. Communication
2. Practicing listening
3. Practicing vocabulary
4. Practicing Sentence structure
5. Public speaking
6. Creativity

## Activity(ies) (Stages):

The teacher has to select a different topic for each student that they will speak about 1-3 minutes. More specifically the topics has to be simple, for instance:

- My favourite meal;
- My pet;
- My family;
- My room;
- My hobby.

The teacher has to explain to the class that when one of the students is speaking the rest of the class has the responsibility to pay attention on the speech and they have to stand up every time when they hear any of the following fillers occur in the speech:

- “like”
- “um,”
- “uh”
- “so,”
- “right”

The class is listening, and the speaker is hyper-aware of the words that they use. It is a deliberate shock to the speaker to see the entire class stand when they hear these fillers and helps to be mindful about using precise vocabulary.

## Tips for trainers

All of the student can work on this activity together as one team, where one student is the speaker and the rest of the class are evaluating the speech.

The topics, can be written by handwriting or by computer, based on the teacher decision. Moreover, the teacher can project the topics and the students can choose the one they like the most.

Additionally, the teacher can write down on the black board or to project the fillers in order to support the students during their speech estimation.

In case, the teacher decides to challenge the students by the task to come up with their own ideas for topics, as each idea has to be approved from the teacher in advance.

## List of resources, materials etc.

- *pen/pencil;*
- *paper.*
- *Black board/ projector*

## Evaluation/Feedback

The teacher will provide feedback on the applicability of the method.

The teacher evaluates students' compresence ability after each activity, according to the presented results.

In addition, during the activity the teacher can give directions to the students and to correct them if it is necessary.