

Exercise: Try Flying Your Kite with Your Whole Body!

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Note: If you haven't already filled out your Kite template on pages 96–101, you are not yet ready to take this next step.

It's time to test-fly your Kite in the safety of your office or home. Go back to your Kite template, in which you put together all the elements of your class (pages 96–101). Print it out if you can. Your template now becomes your script as you launch your Kite for the first time.

Get Ready!

- ◆ Stand up.
- ◆ Get a timer, whether it is an app on your phone, a stopwatch, or an egg timer from the kitchen. Set it for five minutes. Do not start it yet.
- ◆ Go to a full-length mirror (if possible) and stand in front of it.
- ◆ Plant your feet straight ahead. Look yourself in the eye. Smile.
- ◆ Draw your shoulders down your back, opening your chest.
- ◆ Let your eyes travel downward. Check out your body. Are you slouching, putting all your weight on one hip, or closing your hands in front of your stomach or abdomen? Stand up straight. Open your arms slightly away from your body.

Get Set!

- ◆ Hold your Kite template in your left hand. Do not allow your hands to come together in front of your body at any time during these five minutes.

Go!

- ◆ Start the timer.
- ◆ State your class's ***title*** and its ***length*** out loud. Your voice should be robust and strong. (As you do this, your voice may sound overly loud and potentially strange. That's OK! You will need to be louder than you think once you are in front of your participants. You might as well practice increasing your volume now.)
- ◆ Then, following the flow of content in your Kite template,
 - ◆ ***Hook*** your learners as if they are right in front of you. Make eye contact with your reflection.

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- ♦ **Introduce** yourself using your benefits-based introduction.
- ♦ **State** the session's purpose.
- ♦ **Explain** the info, protocol, and logistics.
- ♦ **State** the session's learning outcomes. Remember to speak as if you were addressing your participants. Make eye contact with yourself.
- ♦ **Simulate** how you would instruct the participants to introduce themselves.
- ♦ **Explain** any further information about the training, expectations, and logistics.
- ♦ **Transition** into your content by saying, "So let's get started!"

Start Your Content Section

- ♦ **State** the first learning outcome again.
- ♦ **Start** talking about your subject. Use your talking points as a guide.
- ♦ **Introduce** your activity. Provide clear instructions to accomplish it.
If you have remaining time, then:
- ♦ **State** the second learning outcome.
- ♦ **Start** talking about your subject. Use your talking points as a guide.
- ♦ **Introduce** your activity. Provide clear instructions to accomplish it.

Remember

- ♦ Transition into your conclusion by saying, "In conclusion," or "To close, ..."
- ♦ Close your class.

When the timer goes off, stop. Sit down and rest. Review how this first practice went. Where did you stumble? What went great? Stand up and repeat up to five more times—just as the pros do!