

An Introduction to Total Physical Response-Dr. James Asher

Dr. James Asher, an American psychologist creator of the concept of Total Physical Response imparts this notion of TPR as a tried and true method used in the classroom for effective language acquisition.

For Beginners and Early Learners, Total Physical Response has many benefits:

1. The pairing of movement and language is effective in learning the target language.
2. No one is called on individually, making Total Physical Response a great method of instruction for introverted learners.
3. Total Physical Response can be used in small or large groups.
4. Learners are not expected to speak until they are comfortable doing so, creating a 'safe space' for reluctant participants.
5. Total Physical Response helps enhance a learner's listening skills and following directions.
6. Total Physical Response works well for all learning styles: kinesthetic learners, visual learners, auditory learners and reading and writing learners.
7. A limited amount of materials and planning makes it easy for instructor preparation.










Total Physical Response works well when you are teaching;



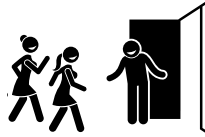
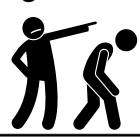



- Verbs
- Vocabulary
- Commands/Imperatives
- Classroom language
- Simple storytelling

How Total Physical Response can be utilized in the learning space:

1. Introduce the verb by sharing an illustration.
2. Demonstrate the action of the illustrated verb using gestures, facial expressions or exaggerations.
3. Have students repeat the action by using gestures. Facial expressions and exaggerations you used.
4. Repeat the process of Total Physical Response for each verb you introduce. Students and instructors will appreciate using this method because it elicits great fun!
5. Create a Word Wall and post both the illustrated verb and the text of the verb.
6. Repeat the same process for other words introduced, returning to them frequently to work on retention.



TOTAL PHYSICAL RESPONSE WORDS, IMAGES AND DESCRIPTIVE TEXT		
<p>sleep</p> 	<p>nipâ (ni.paa)</p>	<p>Place your hands together with fingers out-stretched as if praying, and then hold your hands against one ear and slant your head against your hands and close your eyes.</p>
<p>wake up</p> 	<p>wan'skâ (one.skaa)</p>	<p>Place your hands side by side with palms upward making a motion as if you're throwing a blanket off your shoulders.</p>
<p>wash your face</p> 	<p>kâsihkwi (kaas.ih.kwee)</p>	<p>Hold your hands by your face, palms open and fingers wide. Make a swirling motion to mimic washing your face.</p>
<p>comb/brush your hair</p> 	<p>sîkaho (see.gu.ho)</p>	<p>Hold one hand over your head making combing motions.</p>
<p>sit down</p> 	<p>api (uh.pi)</p>	<p>Bring your hands together with palms facing downward and thumbs touching, making a downward motion.</p>
<p>eat</p> 	<p>mîc'so (meat.soh)</p>	<p>Hold one hand close to your chest. Make shovelling motions with your hands toward your mouth as if you are holding a plate as you are eating.</p>
<p>drink</p> 	<p>minihkwî (min.ih.kwee)</p>	<p>Hold one hand as if you are holding a cup and move this hand toward your mouth as you tilt your head backwards as you would when taking a drink.</p>
<p>get up</p>  <p>stand up</p> 	<p>pasikô (puss.i.goo) nipawi (knee.pow.wi)</p>	<p>Hold your hands outward, palms up and make an upward motion.</p>

<p>walk</p> 	<p>pimohtî (pi.moh.tea)</p>	<p>Have two fingers do a walking motion along one of your arms.</p>
<p>run</p> 	<p>pimipahtâ (pim.i.pah.taa)</p>	<p>Have two fingers do a running motion along one of your arms.</p>
<p>come in</p> 	<p>pihtikwî (pih.tig.wee)</p>	<p>Put your hand out as if you are opening a door and go through the imaginary door.</p>
<p>go out</p> 	<p>wayawî (way.uh.wee)</p>	<p>Put your hand out toward your back then bring it toward your body as if shutting the door behind you.</p>
<p>laugh</p> 	<p>pahpi (puh.pi)</p>	<p>Have an open-faced smile and nod your head repeatedly as if you are having a good laugh.</p>
<p>work</p> 	<p>atoskê (uh.too.skii)</p>	<p>Make it as if you are doing paperwork, hammering or sweeping the floor.</p>
<p>exercise</p> 	<p>sîsâwî (see.saa.wee)</p>	<p>Perform toe touches, sit up, jumping jacks or any arm exercises.</p>

