

Title	<b>Full mouth</b>
Duration	25 minutes
Nr of participants	20 participants
Logistics (space, materials...)	<u>Materials</u> : if possible, some food like biscuits, bananas, etc.
Objectives	Learning to vocalize, exercise the voice and mouth.
Preparation	The facilitator will prepare the food prior to the activity.
Description	<ol style="list-style-type: none"> <li>1. The participants will work in pairs.</li> <li>2. Each pair will find their own space in the room, and the participants will be facing each other.</li> <li>3. The facilitator will invite the participants to experiment with the food, to feel the different textures...</li> <li>4. One of the participants in each pair will fill their mouth with food (if there is no food or they feel embarrassed, they will put their finger in their mouth).</li> <li>5. The participants will start talking to their partner with a full mouth for 2 minutes, about a topic of their choice. <i>For example, what they had for dinner last night.</i> While talking, they will try to be as clear and move their mouth as much as possible so that their partner can understand what they are saying.</li> <li>6. Once they are done, it will be the partner's turn to talk with a full mouth.</li> </ol>
Variations	If there is no food or the participants feel embarrassed to talk with a full mouth, they will put their finger in their mouths.
Evaluation and reflection	Was it easy for you to talk with a full mouth? Do you think your partner could understand what you were saying? Did you understand what your partner was saying?
Origen	<a href="https://www.youtube.com/watch?v=UCQj1DEwwHY">https://www.youtube.com/watch?v=UCQj1DEwwHY</a>