

Rudolph Steiner's Speech Gestures

*Character or
Quality of Speech*

Action or Gesture

Voice Quality

1. Effective

Pointing

Incisive, clear

Exercise: Fetch the stick! Look, there it is!

Example:

2. Thoughtful

Holding on to Oneself

Full toned

Exercise: Well, you are a stubborn dog.

Example:

3. Feeling forward against resistance

**Forward rolling of
arms and hands**

Slight vibrating or trembling

Exercise: Couldn't you at least try?

Example:

4. Antipathy, rejection

**Flinging out or away of
arm or leg**

Hard

Exercise: Get off me, you muddy cur!

Example:

5. Sympathy, acknowledgment

**Reaching out to touch
person or object**

Soft, gentle

Exercise: There's a good dog, bring it here.

Example:

6. Withdrawing into one's own ground or territory

**Pushing away from
body an arm or a leg**

**Abrupt, separated,
emphatic**

Exercise: Don't you shake yourself near me.

Example: