



## Hosting a Silent Morning Tea

### What is a Silent Morning Tea?

People come together to eat and drink but cannot speak to each other. They can use other methods to communicate, such as Key Word Sign and gesture, writing, pointing to objects or pictures.

### Why have a Silent Morning Tea?

People with little or no speech can feel socially isolated. A Silent Morning Tea

- is a great way to get across the challenges of having a conversation when you have no speech.
- raises awareness of what it is like for someone who has little or no speech.
- promotes strategies that help people without speech feel included in a communication accessible environment.
- gives you an opportunity to talk to people you haven't met before.

### What else is happening around the world?

The International Society of Alternative and Augmentative Communication (ISAAC) represents people with a communication difficulty.

Every October, ISAAC promotes events all over the world to raise awareness of the difficulties people without speech experience.

Key Word Sign Awareness Day is on October the 10th, because of our 10 fingers that are so good to sign with.

### More Information

Contact Scope's Communication and Inclusion Resource Centre on 1300 4 72673 or [circ@scopeaust.org.au](mailto:circ@scopeaust.org.au).

Contact Key Word Sign Australia at [keywordsignaustralia@scopeaust.org.au](mailto:keywordsignaustralia@scopeaust.org.au)



## *How to host a Silent Morning Tea*

### Before the day

#### Step 1

Send an invitation to a group of friends or people in your workplace. Add the details of your Silent Morning Tea to the poster and display at your workplace or site.

#### Step 2

Print out or photocopy the resources you need for your Silent Morning Tea

- alphabet boards
- menus (you may want to change the items on the menu)
- the activities you wish to share at the Silent Morning Tea e.g., Bingo, Celebrity Heads, Rock-Paper-Scissors.
- Key Word Sign resources

You can use the picture based bingo game or the words only bingo game.

#### Step 3

Encourage participants to download some apps on their mobile phone or tablet before the day to use as a tool for communicating.

Some free apps include

- Grid Player
- Sonoflex Lite
- Verbally
- RIDBC Auslan tutor - to learn some signs



## How to host a Silent Morning Tea

On the day

### Step 1

When people arrive tell them they can't speak for 15 minutes (or longer if you're up for the challenge) and have to have their conversations by writing, using gesture, pointing etc.

### Step 2

You could also start your Silent Morning Tea by playing the Youtube clip "Silent Morning Tea" <https://www.youtube.com/watch?v=fzhKEX5UZ9I&t=11s> to introduce what a Silent Morning Tea is all about.

### Step 3

Share an activity e.g. Rock-Paper-Scissors.

People can communicate by

- mobile phones to spell out their message
- point to letters on the alphabet board
- Key Word Sign
- natural gesture and facial expression
- write their message on the notepad
- act out what they want to say
- use a communication app or device if you have one.

### Step 4

Provide food and drink for the morning tea, but put items out of reach of people so they have to communicate in some way to get something to eat or drink.

Have fun!