

The Jumpstarting™ Course for Parents

Eye Accessing Cues Questions

Read and memorise the question before asking it so that you can watch the person's eye movement as soon as they are asked the question. Some people move their eyes very quickly so you need to watch carefully!

For Adults

What was the colour of your front door where you grew up?

Sing your national anthem in your head.

Feel the sensation of sand tricking through your fingers

What is the ringtone of your mobile phone?

Imagine an elephant standing on its trunk

Think of your hand in a bucket of iced water.

Describe what's inside your fridge.

Think of the sound of a baby chuckling.

Repeat to yourself, 'Peter Piper picked a peck of pickled pepper!'

For Younger Students

What is the colour of your duvet cover/bike/lunchbox?

Think of being in a warm bath.

Sing Happy Birthday in your head.

Think of the Macdonald's sign.

Think of your hand holding an ice cube/snowball/ice lolly

Repeat to yourself, 'red lorry, yellow lorry!'

Think of the sound a cat makes.

What was your best friend wearing yesterday?

Think of stroking a soft blanket/toy/pet