Here is a suggested procedure for helping a group practice verb internalization.

Model the verb (i.e. do the action and say what I'm doing)
Ask someone to describe what I'm doing
Ask them to do that same action
Ask them what they are doing

Repeat with everyone in the circle (hopefully getting both genders)

Now ask a person to do something Ask what they are doing Then ask their neighbour what the first person is doing Reverse with those two people

Repeat with people of opposite genders

Ask one person to ask another person to do an action Ask the first person to describe what the second person is doing Ask the first person to ask the second person what they are doing

Add a second verb

Cycle back and reintroduce the first verb

Add plurals

Keep it moving around the circle, so people aren't standing around too long without talking.

If someone is stuck, model it again, describe what you are doing, then ask them what you are doing.

If you need to model another other gender, ask someone else to do the action, describe what they are doing, then ask the first person what that person is doing.

Some Guiding Principles:

People need to hear before speaking People need to see the action while hearing People need to hear a number of times People need to do the action while speaking

Ideally, elements should be introduced one at a time Practice that element a bit before introducing a second element As you introduce new elements, cycle in the previous elements