



Public Speaking

Materials:

- Worksheet

Brainstorm. I'm sure many of you have had to speak in public from time to time. Just giving a class presentation is a form of public speaking. How do you feel about public speaking? What makes public speaking seem easier? Harder?

Discuss: Public speaking is when someone speaks to an audience to persuade or share thoughts and ideas. Every time I get up in front of the class to deliver a lesson, I do public speaking. Most of us have had to do presentations in school occasionally, so most of you have had some experience with public speaking. What do you think is the most important thing about public speaking? Accept student responses.

Dive in! Practice is the most important thing you can do! The more you practice anything, the better you will be at it and public speaking is no different. It's really difficult to be a confident, compelling speaker without practice. However, there is more than just being prepared. There are 3 things you can do to improve your public speaking skills.

1. Plan and practice what you want to say- What is the goal?
2. Know your audience and engage with them. - Does your speech have a beginning, middle and end? Is what you are saying relevant to the topic? Can you connect this new information with something that your audience already knows? Tell an engaging story.
3. Pay attention to your body language. - Don't read from notes. Speak loud enough for everyone to hear. Look at your audience. Use language that connects with your audience. Use hand gestures, facial expressions, pace and tone, along with the way you stand or move around the room to pull your audience into the topic.

Activity Using the worksheet to plan a 3-4 minute presentation on one of the following topics:
How to take care of my pet.
How to make a pizza (or some other favorite food)



High School

The rules of your favorite sport/activity.

Your favorite movie/book and why you like it.

Reflect: How might I benefit from improving my public speaking skills? What might improve in my life?

Extend and Enrich

If your school has a debate club, encourage students to participate in the club or support the club by attending a debate competition held at your school.

For Further Study

Have students compare/contrast several famous speeches. What stands out for them?

Dr. Martin Luther King <https://youtu.be/bNBGvaSHWbY>

President Ronald Regan <https://youtu.be/Ei1HnWwzmNk>

Nelson Mandela, 1964 <https://youtu.be/8bEnilCZimA>

John F. Kennedy, 1961 <https://youtu.be/PEC1C4p0k3E>

Malala Yousafzai, 2013 <https://youtu.be/5SCImL43dTo>

Chimamanda Ngozi Adichie 2021 https://youtu.be/hg3umXU_qWc

Professional Development

Thinking about some of your very best lessons delivered, what do you think were the essential elements of those lessons that made them stand out the most?