

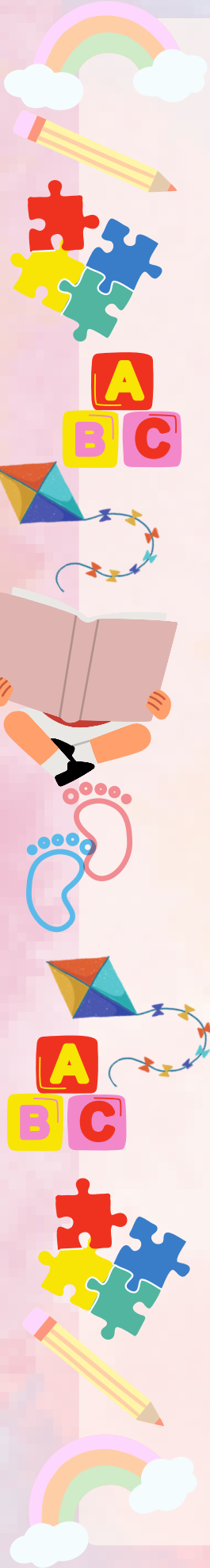


Rhyns Academy
Support - That Makes A Difference

GUIDE TO PUBLIC SPEAKING

ACTIVITIES & TIPS BOOK

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1. Show & Tell:

Pick up an object and speak about it for a minute in front of your family members.

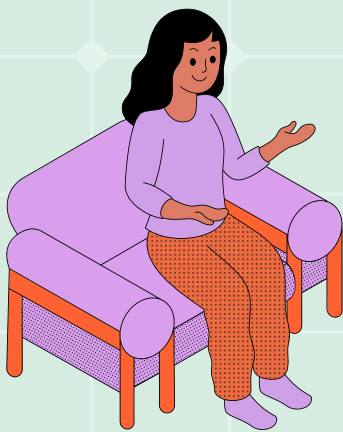
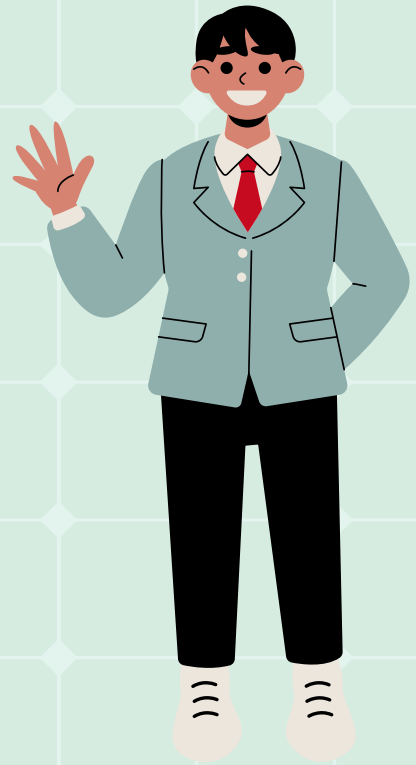
Eventually, speak about it for longer in front of your friends.



2. Role-play: Pick up a character and pretend to be him/her. Speak like that for a few minutes in front of your friends/family.



3. Walk with broad shoulders, stomach in and chest out. Practice a firm handshake.

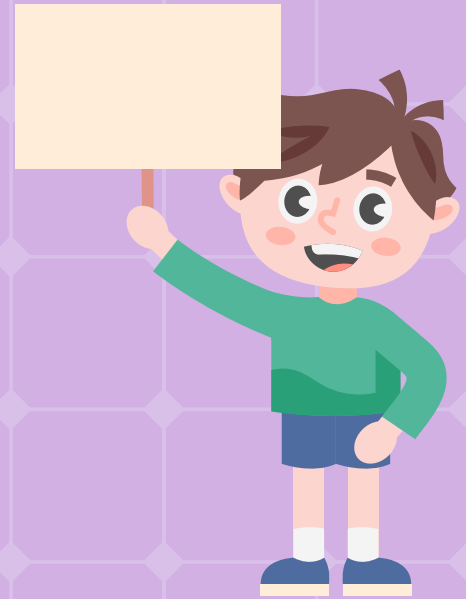


4. Move your hands a little as you talk. Be expressive.

5. Speak slowly and articulate your words clearly. What you say, should be understood well. Speaking slow also gives you time to think what is to be said next.



6. Silly Speeches:
Encourage your child to give short and silly speeches on topics like 'This is why I love chocolates' or 'My pet elephant'.



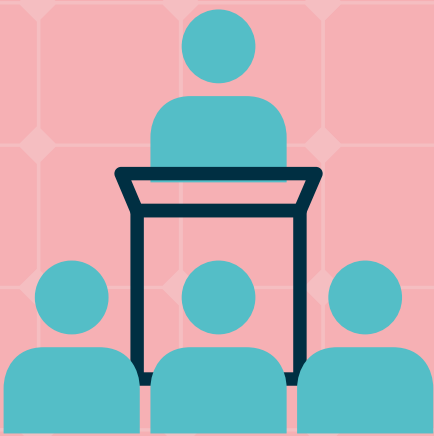
7. Impromptu Questions:
Ask random, light-hearted questions and have each child respond on the spot. This builds the skill of thinking on their feet.



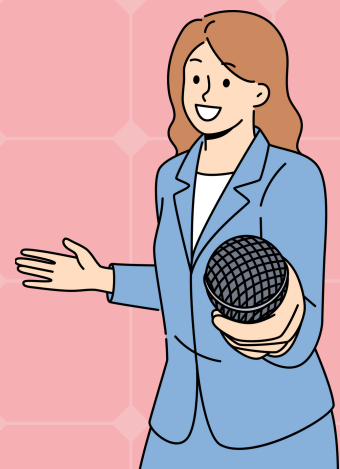
8. Practice deep breathing before speaking publicly. Go out there with a smile. Say to yourself "I can and I will".



9. Learn the importance of eye contact. Teach your child the magic of making eye contact with audience - personal connect, focused listening, and confidence.



10. Offer constructive feedback and celebrate achievements, no matter how small. Recognition will push them to put in efforts.



**HOPE THIS HELPS
THE PARENTS :)**

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