



Speak Up!

Lesson 7 - Developing confidence!

Objective: to overcome stage fright and learn to give a speech with passion

Materials needed: white board, markers, timer or stopwatch

Lesson plan:

1. Greet students

2. Choose someone to read out this speech unconfidently:

Fossil fuels are “materials of biological origin found within the Earth’s crust that can be used as a source of energy”, according to Encyclopedia Britannica. Examples of fossil fuels include coal, oil, and natural gas. Statistics from Our World in Data show that oil is the main source of energy, followed by coal and natural gas, respectively. A report by British Petroleum corroborates these statistics, and it also shows that while oil consumption has increased, its share of global primary energy has decreased over time, with natural gas enjoying a steady increase and coal peaking in 2011.

3. Ask the group what made the delivery of the speech seem unconfident. Get them to consider the tone of voice, the body language of the person presenting it, the hand gestures the person used, among other factors.



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Lesson plan:

4. Watch an example of a speech delivered confidently - such as Martin Luther King Jr's "I have a dream" speech - and ask each person to think of the attributes and actions that make a speaker seem confident.
5. Explain to them the three key elements of presenting your speech confidently:
 - Voice: Keep your voice steady and moderately loud - it's better to be too loud than too quiet. Try to vary your pacing and pitch, when appropriate. Don't forget to pause!
 - Body language: Stand up straight and open your shoulders. Try not to fidget or move side to side. Use open hand gestures that take up space.
 - Eyes: Make eye contact with the audience. Keep your head level and don't look down. You can read off your notes, but not excessively.
3. Choose someone to read out this speech confidently, using the elements we just covered:

According to NASA, in recent years, temperatures have been rising due to the greenhouse effect: when levels of GHGs increase in the atmosphere, trapping heat. This causes global warming, which is the "long-term heating of the Earth's surface observed since the industrial revolution." In turn, this causes climate change, which the United Nations describe as being "long-term shifts in temperatures and weather patterns".



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Lesson plan:

6. Ask the group why they are afraid of public speaking - what do they think will happen? Sit in a circle and analyse these fears with them, asking questions such as:

- What is the worst thing that could happen?
- Is this realistic?
- Would this meaningfully change your life?
- How would you react if this happened to someone else?
- Why do the opinions of others/the audience matter so much?
- Will the opinions of others realistically change your life?

The aim of this activity is to get them to realise that fears around public speaking are largely unfounded. The journal prompts on the Speak Up! app can also be used as fodder for discussion.

Make sure that you foster a supportive environment during this activity. Do not allow judgement or negativity, since this will hinder the group's progress.

Do this activity until the end of the session until everyone's fears have been analysed: it's important to take your time with this to really delve deeper into the reasoning behind people's apprehensions towards public speaking. "Fake it 'til you make it" only goes so far: explain to them the importance of addressing the root cause behind one's fears.