



Speak Up!

Lesson 2 - Impromptu

Objective: to help develop confidence and skills in public speaking

Materials needed: white board, markers, timer or stopwatch

Lesson plan:

1. Greet students

2. Review what we discussed last lesson:

- Why we believe public speaking skills are important
- Examples of situations when the skills might be very useful
- Challenges and fears surrounding public speaking
- The basic rules of public speaking.

3. Reiterate the basics of public speaking - you can quiz them on this to see what they remember from last lesson

The key rules of effective public speaking:

- Clarity – to be heard and understood.
- Organization – to be understood. Come prepared, rehearsed.
- Confidence – impact on perception

Engaging the audience:

- Eye contact with each person in the audience
- Voice modulation
- Body language



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Lesson plan:

4. And there were the examples of fears we might face while giving a speech, such as:

- forgetting the content,
- seeming insecure or nervous
- making the audience bored
- not being heard
- not being understood

Ask the participants why they are scared of these - get them to question whether this is a legitimate fear (i.e. whether it would actually happen). Ask them how they can prevent these worst-case scenarios.

5. Icebreaker activity:

Ask everyone to write a fact about themselves on a piece of paper and fold it up. Fold them and put them all in one place. Read them, one by one, and try guessing who wrote each one.

6. Explain the importance of challenging yourself to help you move out of your comfort zone. Ask them to think of small things they can do (e.g. starting a conversation with a stranger) that will help them feel less nervous during public speaking.

Get each person to write a goal they want to achieve by next session. Write these down on a piece of paper so you can review it next session to check on their progress.



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Lesson plan:

7. Tell the group why building knowledge is important as a public speaker:
 - Builds confidence
 - More ideas to talk about
 - Better vocabulary
 - You'll pick up good literary devices or phrases to use during your speech

Ask the group about the ways to build the knowledge, such as reading books or watching documentaries. Then, get them to share the last book / movie / documentary they watched, and what they learned from it.

8. Ask them what types of speeches they know, such as:
 - Explanatory / informative
 - Entertaining
 - Persuasive / argumentative
 - Motivational
 - Special occasions: pitches, debating

Discuss how these speeches differ with regards to their purpose, audience, and format. What will the speaker have to change for each speech (e.g. content and deliver) and how will they change this?