

Cadette Public Speaker Badge



Public Speaker Badge

Stage presence is the ability to be at ease and effectively connect with people through speaking in public. Great presenters know how to appear comfortable and confident. They are able to convey their points clearly and convincingly. These public speaking skills can be learned and improved upon with study and practice.

Steps:

- Get a feel for performing solo
- Focus on Body Language
- Find your voice
- Choose or create a piece to perform
- Get on stage!

Purpose:

When I've earned this badge, I'll have found my inner performer and be unafraid to speak up.



Peanuts ~ Public Speaking

https://www.youtube.com/watch?v=9tTZml_EUE0

Step 1: Get a feel for performing solo

Try performing alone. You can practice in front of a mirror or record it so you can hear how you sound.

Read aloud:

- **One monologue from 3 different plays**

[Monologues for Girls](#) from Playgroup.org

[Monologues for Kids](#) from DramaNotebook.com

OR

- **Two political speeches**

[Great Speeches Collection](#) from History Place

Step 2: Focus on body language

Body language is one of the nonverbal ways that humans communicate. This would include facial expressions and body movements. Someone's body language can tell you how they truly feel.

Choose one of the following:

- **Videotape yourself mimicking an animal, a famous person and an action.** *Watch it back to see how convincing you were in your role.*

OR

- **Play a game of charades with a friend of your family.** It can be as simple as pretending to scuba dive or to make pizza.

A man with dark hair and a mustache is speaking, looking slightly to the right. He is wearing a dark blue t-shirt. The background is a plain, light-colored wall. Overlaid on the left side of the image is the text '15 FUN PUBLIC SPEAKING ACTIVITIES' in large, bold, white and pink letters. At the bottom right of the image, there is a blue banner with the text 'PublicSpeakingPower.com' in white.

15 FUN
PUBLIC
SPEAKING
ACTIVITIES

PublicSpeakingPower.com

Fun Public Speaking Exercises

<https://www.youtube.com/watch?v=4zRgNymCB7w>

Step 3: Find your voice

Finding your voice goes beyond the words. It includes finding the inflection, tone and the emotion you want to portray. These elements of a speech is important to helping you find your voice.

Choose one of the following:

- **Repeat one word, one sentence and one passage four times.** *Try to communicate a different emotion each of the four times you say them.*

OR

- **Tell a story about yourself. First, tell it as a simple story.** *Then use your tone and inflection to make it into a drama or a comedy.*

Step 4: Choose or create a piece to perform

Now that you are more prepared, it is time to write a speech or choose an existing piece. This piece should be at least 500 words.

Choose one of the following:

- **Write a speech about something that you believe in.** *For example, you can write a speech about the power of kindness or the importance of girl power.*

OR

- **Create a piece for a character.** *Choose a character that you'd like to play and write a script as if you were that character. This could be a celebrity, a news reporter or an artist.*

Tips for Preparation and Memorization

The more senses you involve, the quicker and better you will learn your lines, speech, or monologue. So speak them, hear them, and read them as you write them. And, as usual, it's all about practice.

- **Run your lines.** Say them as often as you can—over and over and over.
- **Whenever possible, say your lines out loud,** the way you will deliver them.
- **Whenever possible, too, move around as you would onstage** while saying your lines.
- **Record them and listen to them—**over and over and over.
- **Break your piece down** into bits and learn one act, scene, or speech at a time.
- **Write your lines** on index cards and quiz yourself.

Step 5: Get onstage!

Now, it is time to take everything that you have learned and practiced. It is your time to get in the spotlight.

For the final step:

- **Create a theater in your own home.** *Perform your speech or script in front of your family.*





Tips on Taming Stage Fright

Look good, but more important, feel good. Dress in something that makes you feel comfortable and that you believe looks good on you.

Practice, practice, practice. Nothing dilutes nervousness like being 100 percent prepared.

Forget about you the person and concentrate on what you have to say.

Take time-outs, breathe, walk, gesture, gesture big, take a drink of water—all before you go onstage and while you are onstage. (Do move, don't fidget!)

Visualize yourself going through your performance easily, breezily, and getting a standing ovation.

Face your fears, don't feed your fears! Thinking worrisome thoughts and admitting them out loud just makes you more nervous. It's easy to focus on perceived shortcomings: My voice is too high, my hands won't stay still. Yet, for every item generally perceived as "bad" you can find someone who's made it big despite (sometimes because of) it! And why do we have a tendency to concentrate on our worries? Those who succeed spend more time taking stock of what they are good at.

Know your audience, and know that your audience is wishing you well. Pick out a friend whose face reminds you of that fact and makes you feel comfortable.

Laugh it off! Don't let mistakes get the better of you. Move through them, staying confident, and you will connect with your audience.

Prepare physically as well as mentally. Get a good night's sleep not just the night before, but the night before the night before (that makes the most difference in how you feel!). Eat a good breakfast, and, just before your show, have something with protein and not too much sugar.



Congratulations!

You have earned your
Public Speaker Badge!



The Public Speaker badge can be purchased
through our
[GSWNY Council Shop.](#)

Questions?

Contact: CustomerCare@GSWNY.org

or

Girl.Experience@GSWNY.org