



# Australian Young Christian Students Movement

## Introduction to Public Speaking Session Template

Session Time- 1 hour and 30 minutes

The session and activities below are designed for an Introduction to Public Speaking Session. Throughout this template we give suggestions for future public speaking sessions where the same session outline can be used with varying content and activities.

### **Introduction-** 5 minutes

This should only take a few minutes and should cover these points

#### What is the session about?

- This first session is about learning basic skills for public speaking.
- It also aims for the group to share their experiences of public speaking.

#### Why are we doing this particular session?

- To improve our confidence and ability when speaking publicly,
- It is very important for YCS leaders to have good public speaking skills

#### What particular skill/ skills will be covered in this session?

- Tone and Eye Contact

### **Warm up Activity-** 10 minutes

#### Activity 1.

This activity should only take about 5-10 minutes, the point of this activity is to have everyone relaxed and comfortable with one another so that they don't feel uncomfortable in future activities, any theatre sport game would be appropriate and its really up to the leaders as to what is most appropriate for your particular session. Depending on the age and ability of your particular group you may choose to do a slightly more difficult game.

Ideas to try

1. Tongue twister competition
2. Getting to know you games (students pair up and they must introduce there person to the group)

### **Background Knowledge/Theory-** 10 minutes

#### Activity 2.

In your first session it is important to discuss with the group the importance of public speaking, this can include discussion about why public speaking is important and where public speaking comes in handy. This discussion can be done in many ways for example an open discussion or a brainstorm, this should only take 5 minutes and shouldn't be the focal part of your session. In later sessions you may want to quickly review/revise what knowledge has been gained in previous session about Public



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Speaking. This could be done by having the brainstorm hung in the room or by simply including it in the introduction of later sessions.

Below are some questions that you may ask and some answers that we think are important to be shared.

Why is Public Speaking important?

- To get across a point
- To convince other people of our point of view
- It is an important leadership quality to be able to communicate well

Why is Public Speaking Important for a YCS Leader?

- For representing the YCS Movement- public image
- Recruiting
- Confidence
- Involving people in our actions

When in YCS are we required to use Public Speaking Skills?

- Running Sessions
- Running a YCS Meeting
- Talking at Assembly, Church etc

When is Public Speaking Skills useful outside the Movement?

- Within the school environment, assemblies, leadership opportunities, class reps
- Doing Class/Subject Presentations
- When you are involved in other organisations
- Family events i.e. weddings, 18<sup>th</sup>, 21<sup>st</sup>
- Makes you more confident to talk to different people
- Business Proposals/Meetings

**Skills Development-** 30 minutes

Activity 3.

Choose one or more of the particular speech skills included in the list, and because it is more engaging to have the “audience” involved in the activity rather than listening to an explanation it would also be appropriate to have a game to explain the skill. You should aim to have approximately half an hour worth of material for this particular area. Some areas will have more content than others and may need to be done over two sessions while others (e.g. palm cards and subject matter) will work better when paired with a similar topic.

- Palm cards
- Subject matter
- Eye contact
- Tone
- Writing a speech
- Using Statistics
- Using Visual Aids
- Body language



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- Developing a rapport with the audience
- Learning your speech off by heart
- Constructing a speech
- Introductions
- Concluding a speech
- Facial Expressions
- Remaining calm

**Eye contact** and **tone** will be used in the first session

## Eye contact

Game 1. 10minutes

Students are called up and given an article, they are allowed to read it and then must explain to the rest of the group the main points (they are not expected to memorise names, dates, numbers etc just the general gist of the story) in 30-45 secs, the students are given 3 points and each time they look down at their paper they lose one point, once all points are disqualified the student is "out".

## Tone

Game 2. 10minutes

Choose a sentence or two from a recent paper prior to the session, have everyone sit in a circle and pass the quote around the group, as it comes to each new person have them read it in a different tone (ie. Angry, sad, happy, sarcastic)

After everyone's read it once or twice (depending on size of group) discuss as a group how the tone affected the way in which the audience reacted to the speaker.

To find games or activities for each area you may find it useful to talk to other leaders who may be familiar with different activities, the internet also has heaps of great resources. Here is a list of a few of the places which have various activities, games and tips on public speaking.

<http://www.capital.net/~bps2/>

<http://www.teachnet.com/lesson/langarts/speaking/persuasivespeech.html>

<http://712educators.about.com/cs/speeches/a/speechwriting.htm>

[http://www.teach-nology.com/teachers/lesson\\_plans/language\\_arts/speaking/](http://www.teach-nology.com/teachers/lesson_plans/language_arts/speaking/)

<http://www.school-for-champions.com/speaking.htm>

**Action- Doing the Speech-** 30minutes

Closing Activity- This activity can be done with variations at the end of every public speaking session.

- A student pulls a topic out of a hat which they will prepare of speech about ( it can be anything from chocolate to the holocaust however it is better to start with more light hearted subjects)
- Students are given 5 minutes to make up the basic outline of the speech (for example dot points that cover the main things they want to say so as to give their speech some structure)



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- Each student is then given 30 seconds to present their speech, it is important to keep to this time frame because it teaches students to be concise and therefore enables them to learn about using the most important points.
- A discussion should occur afterwards which includes what was affective? What wasn't? What made you listen to this speech?

Note if you have more time or have advanced students you may like to do the same exercise on topics such as what attracted you to YCS? What YCS is about? Or a particular campaign or action that YCS has taken.

## **Conclusion-** 5 minutes

- It is good to do a summary of what has been learnt in this session and end with an encouraging message.

As YCS is about taking action and putting our faith and experiences into action why not challenge the students in the session to take an action to put into practise their public speaking skills! Below are some examples of some challenging actions.

- Getting students to be more active on a diocesan level through running sessions at camps or other YCS activities.
- Talking at school about YCS and our actions
- Entering a Public Speaking Competitions where you will get feedback on your abilities
- Have a inter -YCS Public Speaking Contest
- Host a YCS Speech Night, having Leaders get up and talk about YCS experiences/ areas of action etc—invite special guests etc