

Ohio 4-H Teen Leadership Council Reaches Out

Putting Pizazz in Public Speaking

Intended Audience:

- Teens (14-18 years old)

Lesson Objectives:

Session participants will:

- Understand the importance of being able to speak in front of a group.
- Gain confidence being able to speak in front of a group.
- Identify skills to assist them improve their public speaking ability.

Time: 30-45 minutes

Equipment and supplies:

- White board/marker or other visual display (large note pad/easel, etc.)
- 5 Brown paper bags that have the following in them:
 - Cookie cutter
 - Ribbon
 - Cup
 - Rubber band
 - Ball or bean bag
 - Paper clip

(so you will need a total of 5 cookie cutters, 5 ribbons, etc.)

Do Ahead:

- Review activity instructions.
- Gather equipment and supplies.
- Put together 5 brown paper bags with one of every item.

BACKGROUND

Every day people stand up in front of an audience and speak. It may even be the deciding factor in many things such as whether or not you are selected for a royalty position, a job, and even may help provide information to friends or family. Many people have a fear about speaking in front of a group, but there are many benefits to be able to overcome this fear and talk in front of a group. Some reasons why public speaking is important is because public speaking:

- Increases self-confidence.
- Makes you more comfortable around other people.
- Is one of the best ways to get a (better) job.
- Is one of the most effective ways to get your message across.
- You will need to do it at some point in your life.
- Will allow you to make a difference in your life, business, community, and career.
- Skills learned can boost performance in other areas of life.
- Allows you to demonstrate your knowledge.
- Allows you to improve upon your knowledge.
- Differentiates you from others in the workforce.
- Will help you form a tribe of supporters around you.

Above all, public speaking strengthens your leadership potential. If you want to be a leader, you must know how to communicate. People follow leaders who inspire them and leaders who communicate their ideas effectively.

WHAT TO DO

Activity:

- With the entire group, ask:
 - Why is it important to know how to speak in public? (*see "background information" above for some reasons*)
 - When have you spoken in public? (*no right or wrong answer*)
 - How do you prepare yourself to speak in front of a group? (*no right or wrong answer*)
- Explain to the group they will be practicing their public speaking skills.



Do Ahead (Con't):

- On a white board/easel/or other visual item, write what the participants are supposed to be discussing when they draw their item.

Sources:

- Ryan. (2013, July 6) *Why is public speaking important? 11 solid reasons why public speaking is important in your life. Public speaking training that stands out.* Retrieved from <http://outspoken.co/why-is-public-speaking-important/>

Additional lessons in this series can be found online at: <http://go.osu.edu/TLC>

- Divide the entire group of participants into five smaller groups. Give each group one of the brown paper bags.
- In their smaller groups, have participants take turns drawing public speaking items out of a bag. After they collect their thoughts (about 30-60 seconds), they will present their topic to the smaller group. For each item, they will need to:
 - Describe the object.
 - Describe what it is typically used for.
 - Give another use for the object (be creative with this!).
 - Explain any safety precautions that need to be taken when working with the object.
 - Add why the other participants should want to have this object.
 - Ask for questions.
- If time allows, participants can draw another item out of the bag.

TALK IT OVER

Reflect:

- What was the most challenging part of this activity? (*no right or wrong answer*)
- How can you continue practicing your public speaking skills? (*sample answers: prepare; engage in eye contact; be energetic when speaking to the group; pay attention to your body language—stand up straight, smile, take deep breaths; think positively; watch recordings of your speeches; practice, practice, practice!*)
- Where can you get “hands on” experience public speaking?

Apply:

- Practice public speaking skills!
- Challenge each member to speak in front of a group, club, or other organization at least 3 times in the next year.

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