**Juniors Lesson 8**

**November 7, 2016**

OBJECTIVE Interp lesson helps kids get familiar with their scripts;.

2 mins Handshake exercise. Interns make sure to shake every person’s hand—give some sort of feedback on every single handshake!

10 mins **Review:**

What did we work on last meeting? (memorizing script, getting feedback on our scripts, presentation skills, playing Taboo)

What presentation skills did we work on last meeting? Eye contact and poise, rate, inflection, volume, projection, gestures,

What are gestures?

Why do we use gestures? Be more interesting, add emphasis

How do you gesture the right way? Big movement, intentional

(do similar questions for other presentation elements that the kids mention)

What were some of the warm up exercises we did last meeting?

**Choose 1-2 warm ups to do. Choose a warm up that you DID NOT do last time.**

1. chew an imaginary ball of toffee (that’s getting bigger)

2. stretch the tongue out (pointed & flat) and waggle it from side to side

3. whistle “Happy Birthday”

(breathing exercises)

1. have everyone lie down on the floor on their backs.

2. take a deep breath in – remind them that they should use their diaphragm – that their chest/stomach should go out as they fill up, not their shoulders hunch up. Hold the breath for a few seconds then let it go. Repeat 3-4 times.

3. Next, ask them to take a deep breath in again but ask them to **expel it in a different way** as below. Repeat each of these exercises at least a few times until you feel the group is making the most of them:

* **HA!** – expel all the air out of your lungs in one “pop” by saying “ha!”. This should get louder as it’s repeated and whenever anyone is talking too quietly in the future, remember how loud they got with this!
* **Hiss it out** – hiss for as long as possible, until you’re all out of air
* **Ahhh** – a variation on the hiss, again held until you’re out of air. This is usually faster than the hiss.
* **Count it out** – a steady count as a group for as long as people can on just one breath. Make sure the numbers are strongly projected to use a good amount of air each time.

20-30 mins WE DID NOT FINISH THIS ACTIVITY WITH THE KIDS LAST WEEK. So only the kids who didn’t get a turn will get a turn this week.

**Activity: Presentation Practice**

**On the white board, list the following items: 3 Second Rule, Poise, Eye Contact, Interesting stories/illustrations, Volume, Rate, Facial Expressions, Gestures – put 1-5 stars next to each item. Have an intern rate each speaker on each skill with a 1 to 5 star rating.**

Pass out 2 topics to each kid (there will be duplicate topics). Let students choose which topic they want to talk about. Give each student 1-3 minutes to present their speech. Then have an intern give their start ratings for each speaker. Make sure to be encouraging!

15 mins SNACK and clean up; water and bathroom break.

If any kids brought their interp scripts and want to work on them instead of playing the games in class, take that group to the foyer (you can even camp on the floor in the space between the outside door and the foyer door). Either coach the kids if they have their scripts memorized, or let them work on memorizing their scripts. They can’t run around in the foyer or play—if that is what they feel like, they need to play the games in the juniors’ class.

20-30 mins A**ctivity: Play Guesstures game**

Divide the class in half to have two teams. Let me know if you don’t know how to play this game and I can explain. It is important for any of the kids who want to get a turn to act out the cards.

20 mins **Activity: Play Emotion Charades**

I will have a bag with Emotion Charade topics.