**Juniors Lesson 14**

**March 5, 2018**

Items needed: hoola hoop

OBJECTIVE Have fun. Develop students’ comfort with speaking in front of a group. Interns need to keep the juniors in room 103 until the senior speech group is finished.

4:00 (10 mins)

**Handshake exercise**. We do this every week. It is corny, and that is OK. Make sure every person shakes every other person’s hand. Hand shakes should be firm and strong. Not too hard, but not like a wet noodle either.

Review:

What is confidence? (strength, belief in yourself, knowing you can do something, using God’s strength as your own)

Why is confidence valuable? (we know we can do whatever God has called us to do, people are drawn to confident people)

Why is learning about conversations important? (way to connect with other people, way to focus on others, helps develop relationships)

Last week we talked about focusing too much on what? (“I”)

What kinds of things show that you are focused too much on yourself? (always talk about yourself, don’t ask other people questions, try to make jokes all the time instead of listening to others)

In what ways does a conversation take effort? (must listen, think about who is talking, be interested in them and what they are saying, ask questions)

How do we show interest in a conversation? (listening, asking questions, asking follow up questions)

10 mins **Lesson: Be Concise**

*Intern 1* (acting like s/he is on the phone):Mr. Jones? This is \_\_\_\_\_\_\_. A couple of days ago at five o’clock, when we usually set the table, a man came to the back door. Or was it the side door? Because that is the door the cat usually goes out. Oh, yes, I remember now, it was the front door. The man wanted to wash our windows for pay, the way my brother used to do in the summers to make money to buy a car. He actually ended up buying an old red Ford truck and I got to ride in the back on the fourth of July to see fireworks. Anyway, Dad said he could wash the windows and the man’s ladder slipped and broke the upstairs window in my sister’s room next to her bed. That is why Dad asked me to call you, Mr. Jones, and see if you can come replace the window for us, since you are in the glass business…(pause) Thanks! See you tomorrow!

What do you notice from this communication? (intern is rambling, too many details, etc)

What was the point of Intern 1’s phone call? (needed to have glass man replace the glass)

What is wrong with communicating this way? (not interesting, people don’t listen, confusing, don’t get your message across)

Who can say this in a better way? (take volunteers to ask Mr Jones to fix their window ☺)

10 mins **Lesson and Exercise: Watch out for Fillers!**

Intern 2: relay a story about something you did this weekend and use “like” and “uh” a lot.

What did you notice about this communication? (lots of “likes” and “uhs”)

Is there anything wrong with that? (annoying, unnecessary, distracting, sounds unintelligent)

Can y’all see if you can do better?

**Exercise:** **Have each student take turns coming to the front of the room and explaining what they did this weekend without using any “like”, “um”, “uh”, etc.**

20 mins **Exercise: Concise and Filler-Free!**

Intern should do a demonstration—

Have each student tell us their favorite book and a one sentence summary of what the book is about. It is HARD to sum up a book in one sentence, but that makes the kids capture the main idea. Remember no fillers and be concise—just a one-sentence main-idea of the book!

10 mins SNACK and clean up. And bathroom break? **Use bathrooms off the foyer where there are lots more stalls.**

15 mins **Team Building Exercise: Hoola Hoop circle**

Get kids into a circle holding hands. Break the circle to put one pair’s hands through the hoola hoop as a starting point. Without anyone breaking the circle, have kids step through and move the hoop over their heads so the hoop goes around the entire circle.

Try this one more time going the opposite way around the circle and see if it goes any faster the second time!

**Team Building Exercise: All Aboard!**

Put the hoola-hoop on the floor. Have all the kids work together for everyone to stand inside the ring at the same time. Let the kids figure out to make that happen—if they need help after trying on their own, you can give them suggestions like Is it easier if you link arms? Is it easier if everyone raises their arms overhead?

10 mins **Cooperation exercise: Amoeba Walk**

Divide the class into two equal groups at one end of the room. Have half of the group form a circle facing outward, with elbows joined. Instruct the rest of the team to get inside the circle. The group has now formed their amoeba. On the instructors signal, the amoebas will try to race to the other side of the room without coming apart. If the team comes apart, make them stop and repair themselves. Rearrange the group switching the kids on the outside with the kids on the inside.

Ending filler Use Taboo cards and have 1 student at a time give clues; have the rest of the group guess the word. The clue-giver cannot use any variation of the “taboo” words listed below the main word.