**Juniors Lesson 7**

**October 31, 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

What is eye contact? Looking someone in the eye while speaking to them

Why do we want to make eye contact? (helps us connect with audience, helps us be genuine, etc)

How can you make eye contact in a way that doesn’t stare someone down? Look from person to person, look at a person’s eye/nose/mouth/other eye

What is poise? Keeping yourself together even when you mess up

Why do we want to have poise? Helps you be a good speaker, prevents your audience from being uncomfortable, a lot of times people don’t even know you messed up

How can you keep your poise? When you mess up, stay calm, be still and regroup, then carry on.

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 **Lesson: Presentation skills**

What are the presentation skills we have talked about this semester? 3-Second Rule, poise, eye contact, volume, rate (how fast or slow you talk)—

These are all things about HOW you say things, let’s talk a bit about WHAT you say—

What are things that people say that make them interesting? Interesting stories/details, illustrations, analogies, things that are funny, they don’t drag on, they don’t tell too many details or go off on tangents, have a specific point about what they are saying, know when to stop talking, etc

How do you know what to say to be interesting? Think of funny stories ahead of time, think of interesting things that have happened to you or your family

Lots of times, people think in 3’s, so many people give speeches structured in 3 main points. Can anyone think of examples of 3s? ready/set/go, good/better/best, beginning/middle/end, past/present/future, etc…

Let’s mention 2 more delivery skills that help you be a good speaker— facial expressions and gestures.

What are facial expressions? Where your face shows lots of movement to express what you are saying with your words

Why do they help you be a good speaker? It makes you more interesting to watch and listen to, more fun

What are gestures? When you move your hands while you are talking

How do gestures make you a better speaker? makes you more interesting to watch and listen to, more fun

[2 interns can demonstrate by being polar opposites: 1 intern talks/tells a story using no facial expressions or gestures, the other intern talks using lots of facial expressions and gestures]

When you move your hands, don’t move them TOO much to be distracting, but move them enough to be interesting. You can make gestures meaningful by putting emphasis on certain things you say—e.g. counting, sizes, etc.

When you make gestures, make sure to use large gestures and hold arms out away from your body.

**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.

20-30 mins **Script practice**

Separate kids into 3 groups—1) kids who have memorized scripts, 2) kids who haven’t memorized but have scripts with them, and 3) kids who don’t have scripts memorized or with them.

For group 1 kids: have an intern take those kids to the foyer, and y’all can have a coaching session with those students for 5-10 minutes per student (just sit on the floor, and let the other kids watch while others are being coached). I don’t imagine many kids will have scripts memorized, but if they do, it would be fun to let them get coached on them.

For group 2 kids: take them to room 100 if it isn’t being used. If it is being used, take them to the other side of the foyer, and help them work on memorizing their scripts.

For group 3 kids: let them do any kind of filler activity you want. My suggestion is Emotion Charades so the kids will still be doing some activity that will help them in Interp speeches. I will have a bag with Emotion Charade topics.

20 mins **Activity: 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.