



There is a famous club where people meet from time to time to practice their public speaking skills: The Toastmasters™.



I attended a meeting one time, but felt that there were just a few too many rules: It felt a little constricted.

But we don't have to have too many rules. The important things are:

- ...to have a few simple **guidelines**, and
- ...to have some handy **topics**

Guidelines

Here are a few things to keep in mind as you speak:

- **Your audience loves you.** Don't forget: Your audience *wants you to wow them!*
- **Use gestures and body language** that are effective for communicating meaning and emotion.
- **Concentrate on your message.** Don't think about yourself, or the physical environment. Focus on the wonderful and fascinating nature of your topic, and ride that wave of energy!

Topics

We'll talk about topic ideas that interest us. Here are a few topic ideas to get us started:

- A famous quotation, and what it means to you.
- Your thoughts about a recent news item.
- A special vacation experience. What did you learn from it?
- What does a particular holiday mean to you? (e.g., the Moon Festival).
- Talk about a good friend. Why are you so thankful to have this friend?
- Tell a story about someone you know who you think is very wise.
- Hold something interesting in your hand and tell us about it.
- Talk about a time you had an amazing change of heart about something or someone.

Activity

Each student will pick a topic and talk for at least 3 minutes. 5 minutes is even better! We'll repeat 'til the end of class.