Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mindfulness Speech

 As we continue to move through the public speaking unit, many of you are still facing difficulties, with both verbal and nonverbal communication. Often, this is attributed to the nerves that many of you constantly feel, whether it is before, during, or after your speech. Today, you will be completing an Edpuzzle which focuses on different vocal activities that better prepare you for public speaking. For this next mini speech (**2 – 3 minutes**), you will be researching a technique to improve your public speaking skills, which you will then teach to your classmates. Within the speech, not only will you physically show us the strategy, but will support its validity with both evidence and analysis. As always, the choosing of topics is on a first come, first serve basis. Use the list below to brainstorm ideas that you feel would benefit yourself and your peers. Remember that there are MANY different techniques for each of these sub-ideas, research to find one that fits you!

* Breathing/meditative techniques to calm nerves
* Non-verbal communication techniques (gestures, facial expressions, maintaining eye contact, etc.)
* Verbal communication techniques (volume, projection, annunciation, mispronunciation, filler words, etc.)

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* Breathing/meditative techniques to calm nerves
* Non-verbal communication techniques (whole body gestures, fidgeting, facial expressions, maintaining eye contact, etc.)
* Verbal communication techniques (pacing, volume, projection, annunciation, mispronunciation, filler words, etc.)