

Activity One

Introducing: Me!

Project Skill

Overcoming stage fright

Objective

Participants will speak on a familiar topic—themselves—to become acquainted with one another and to help overcome stage fright.

Success Indicator

Participant gives a 2- to 3-minute talk about himself or herself.

Message Makers

- Photos and craft supplies to make a collage (optional)
- Paper
- Pen or pencil



Set The Stage

You have likely introduced yourself dozens of times, but it was probably to just one person. Introducing yourself before a group of people is a good way to start getting comfortable with public speaking. After all, you already know your subject well!

Speak Out

Think of a creative way to let a group know some interesting information about yourself. You might make a collage of your hobbies and interests to use while you speak. Just remember to make pictures large enough for the audience to see. You might even say something funny about yourself or reveal an unusual habit. Humor is one way to relieve tension.

If you get nervous about speaking in front of people, try these relaxation tips before your talk:

- Walk briskly outdoors or in a hallway.
- Take a series of deep breaths.
- Visualize yourself being relaxed and speaking calmly.
- Think positively. Recite a poem or words to a song in your head if necessary to replace negative thoughts.
- Remember that the group you're speaking to wants you to succeed.
- Find a friend in your audience and make eye contact with that person to increase your confidence.

A yawn is a wonderful way to relieve muscle tension in your mouth, throat, and neck. Just don't do this warm-up in plain sight of the speaker before you!

Stretch The Message

To be a good speaker, you must also know how to listen. When others in your group make their introductions, are you listening or thinking about what you are going to say? After each person's talk, jot down three adjectives that describe him or her. Did the words you chose come from the speech, or did they describe how you felt about that person based on his or her performance?



Open Mike

Share

- How did you feel before you spoke? During? After?
- Which tips, if any, made you feel less nervous? What solutions of your own did you discover?
- What do you do differently when talking to a large group rather than discussing something one-on-one? What do you do the same?
- What did you learn from watching other people?
- Did you arrange what you said in a logical order, or did you just list things about yourself?
- What was your favorite part of someone else's talk?

Generalize

- What other times have you had to learn how to relax so you would perform better?
- How can being good at talking help you in school, sports, or a job?
- Where else might the ability to communicate well be helpful?

Process

- How could you tell if you communicated well during your talk?
- How did you decide what to say first?
- How did any visual aids or props you used help in giving your talk?
- What will you do the same or differently the next time you speak before a group?

Apply

- When might you need to introduce yourself to a group of people?