

SOCIO-EMOTIONAL WELL-BEING

Teacher's Guide: GRADE 9 - Lesson 3

Speaking With Confidence

Competency, Element and Performance Criteria

Competency C5.1

Recognise and articulate their emotions, thoughts, strengths, and limitations, fostering a positive self-image and confidence in their abilities.

Performance Criteria

Express their emotions in a healthy and constructive manner, using appropriate language and behaviour

Purpose of Activity

This activity is designed to help students build essential communication and emotional regulation skills. Through guided practice, students will gain confidence in expressing their thoughts verbally, learn to organise ideas for clear and effective communication, manage speaking anxiety, and enhance their listening and abilities to give feedback.

Learning Outcomes

By the end of this activity, students will be able to:

1. Prepare and deliver a short presentation about their feelings or thoughts
2. Use at least 3 strategies to manage speaking anxiety
3. Listen actively to others and provide constructive feedback

Resources and Materials

- Speaking With Confidence worksheet
- Note cards for speaking points

Teaching Trajectories / Implementation Guidelines**Preparation (10 minutes)**

1. Start with a simple speaking icebreaker where students turn to a partner and share one thing they did yesterday.
2. Explain the importance of speaking skills, emphasising that strong speaking abilities are essential for future job opportunities, building and maintaining relationships, effectively sharing important ideas, and boosting self-confidence.
3. Teach the "3-3-3" Speaking Method. Inform that a conversation has an introduction, a body and a conclusion. You can give an example.
4. For each section, students will prepare 3 main points or sentences in any language of their choice.
5. Explain the following techniques to manage speaking anxiety: Deep Breathing: take 3 slow, deep breaths before speaking, Friendly Face: look at a friendly face in the audience, Power Pose: stand tall with shoulders back, Positive Self-Talk: "I can do this! I'm prepared." Have students practice each technique as you demonstrate.
6. Guide students to choose one of these speech topics and ask them to plan their speech. They can use the speech planning worksheet.
7. Give students time to practice their speeches. Walk around and offer guidance. Some students may need help organising their thoughts or finding the right words.
8. Each student presents their 1–2-minute speech to the class. After each speech, ask 2-3 students to share one thing they liked about the presentation and the teacher gives brief positive feedback.

Assessment (Activity Sheet/Worksheet for students)

Use the speaking with confidence worksheet to assess student learning. Look for:

Extension of Activity.

- Create speaking partnerships where students practice together weekly with different speaking challenges.