Foundation Programme in Literacy, Numeracy and Skills

SOCIO-EMOTIONAL WELL-BEING

Student's Worksheets: GRADE 9 - Lesson 3

SPEAKING WITH CONFIDENCE

Worksheet for Grade 9 Students						
Name:		Date:				
My speaking g	goal					
What do you want to	improve about y	your speaking	? Check one or two g	joals:		
☐ Speaking louder		☐ Speaking more clearly				
☐ Making eye conta	☐ Making eye contact ☐ Using hand gestures					
Feeling less nervo	ous	Organising my thoughts				
Other goal (write you	ur own):					
How I feel abo	out speaking					
	($\overline{\mathbf{c}}$			
Very Scared	Nervous	OK	Comfortable	Excited		
What makes you fee	el nervous about	speaking? (C	heck all that apply)			
People looking at me			Forgetting what to s	ay		
☐ Speaking too fast			Making a mistake			
☐ Being judged			Not knowing enoug	h		

Speaking Confidence Tools	
Try these tools to feel more confident!	
Deep Breathing Take 3 slow, deep breaths before speaking	Focus Point Pick a spot on the back wall to look at
Power Pose Stand tall with shoulders back	Speak slower than you think you should
Which tool do you think will help you the most:	? Why?
My mini-speech plannet	
Topic: Something I know a lot about or care abo	put
START: How will you begin?	
Example: "Have you ever wondered about"	
1 ■ MIDDLE: 3 main points (use numbers)	/
7	

Example: "So that's why I think" or "The	next time you"
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My speaking success plan	
Before I speak, I will:	
☐ Practice at least 3 times	☐ Take deep breaths
☐ Have my notes ready	☐ Say "I can do this!"
During my speech, I will remember to	:
☐ Speak slowly and clearly	☐ Look up from my notes
Stand tall with good posture	☐ Use hand gestures
One new thing I'll try in my next spee	ch that I have not done before:
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Tracking	g my growth	
After you pr	ractice or give your speech, fill this out:	
Three th	ings I did well:	
1.		
2.		
3.		
One thi	ing I want to improve next time:	
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Remember: Everyone feels nervous sometimes. The more you practice, the better you'll get.