



Life Skills • Cadette Badge Blueprint



Public Speaker Badge

Purpose of Badge:

Gain confidence and skills for performing and speaking in front on an audience.

Supplies needed: Access to the internet, paper, pen or pencil

Step 1: Performing Solo

Let's practice getting comfortable performing solo (the audience is only you). Research the difference between a monologue and a speech. Choose a speech or a monologue from a movie, a play, a book, T.V. Show or wherever to find the inspiration. Once you've chosen your source practice it at least 3 times in 3 different ways. After practicing evaluate your performance in at least 3 different ways.

Step 2: Body Language

Research what is Body Language. Research different types of ways to read body language. Now it's time to play a game of charades to put your body language skills to the test. What else can you do to practice reading body language?

Step 3: Tone of Your Voice

Discover different ways tone of voice can be communicated. When we speak our tone is important. The words we use and how we say it can send two different messages. Choose at least 4 different ways you can communicate tone to audience and after your performance get feedback if people understood what your tone was trying to say.

Step 4: Your Piece to Perform

Create a one person scene to perform in front on an audience. Your inspiration can be from real life or fiction. You're creating the whole scene: words and actions. Over the next week, practice your scene. What are different ways you evaluate your own performance? Tips for practice: take the time to say your lines outside and internally---your goals is to work towards memorization. Don't forget to practice any body movements.

Step 5: Performance Time

Choose your theatre and your audience to perform the piece you created in Step 4. Once you determine you are ready to perform your creation, invite your chosen audience to your performance. You can create a set if you like or simply stand in the middle of a room. Have fun, enjoy yourself. Remember even Oscar winning performances in films have moments on Blooper Reels. Lin-Manuel Miranda admitted to mumbling through a line during a performance of Hamilton: An American Musical because he forgot what it

was, and he wrote the song! After your performance, ask for feedback. Feedback isn't about telling you what you did wrong, but about suggestions on how can improve.

Congratulations! You have now earned the Public Speaker Badge!

Remember, the Volunteer Toolkit Online has more activities to explore and is a great resource for planning meetings.