

# Lesson 3

## Objective: Overview and Projection

- Introduction (*5 minutes*)
  - Overview of last class; remembering names and grade levels
  - Discuss rules and guidelines for the class:
    - No interrupting
    - Be respectful and supportive towards one another
- Superpower exercise (10 minutes)
  - Have the kids talk for 1-2 minutes each, and take note of their name, their pronunciation, their speech differences, and their projection.
- Overview of the course (5 minutes)
  - Ask the kids these questions:
    - What is public speaking?
    - Where do we use public speaking?
    - What skills does public speaking require?
      - **Projection**, Physicality, Emotion, Expression, emphasis, good pronunciation
- What is projection (10 minutes)
  - Today we are focusing on projection, as it is an extremely important when public speaking
  - Ask why it is important!?
    - If no one can hear you, how do they know what you're saying
  - How to project?
    - Projection isn't screaming, it's using breath support and your diaphragm to speak louder.
      - Explain what the diaphragm is
  - Discuss the difference between shouting and projecting\*\*\*
- Breathing exercises (*10 minutes*)
  - Have everyone stand up and take some space. They're going to breathe in and out slowly a few times to gain breath control.
  - While talking explain the importance of breathing while Public Speaking, and how the air supports your voice.
  - Demonstrate using my hands, on how the diaphragm expands when I breathe in, goes in when I breathe out.
- Projecting Practice (*15 minutes*)

- Have them go up one at a time - reading nursery rhymes - while projecting. You will make them become louder and louder until you can hear them.
- Once they have mastered that (if there is time), then add another layer, where you have another student talk over them, so they have to be even louder.

### Nursery Rhymes

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Twinkle, twinkle, little star.  
How I wonder what you are.  
Up above the world so high,  
Like a diamond in the sky.  
Twinkle, twinkle, little star.  
How I wonder what you are.

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Jack and Jill went up the hill  
To fetch a pail of water.  
Jack fell down and broke his crown,  
And Jill came tumbling after.  
Up Jack got, and home did trot,  
As fast as he could caper,  
He went to bed to mend his head,  
With vinegar and brown paper.

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Humpty Dumpty sat on a wall,  
Humpty Dumpty had a great fall;  
All the king's horses and all the king's men  
Couldn't put Humpty together again.

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Baa, baa, black sheep, have you any wool?  
Yes sir, yes sir, three bags full!  
One for the master,  
And one for the dame,  
One for the little boy

Who lives down the lane

Baa, baa, black sheep, Have you any wool?

Yes sir, yes sir, Three bags full...