This handout contains a number of practice exercises to help you dramatically improve your oral presentations.

**Fast Speakers:** Say each of the following, taking two full seconds per word.

- droopy
- roar
- lovely
- flick
- glitter
- rustle
- nit
- tip
- lonely
- snap
- grumble
- flip
- snit
- snowflake
- clip
- pip
- blip
- flit
- fib
- glit
- fluffy
- bit
- snit
- click

**Slow Speakers:** Say each of the following rapidly.

- flick
- glib
- tip
- snap
- clip
- nit
- flip
- chip
- snit
- pip
- blip
- fib
- flit
- dip
- glint
- bit
- snit
- click

**GREAT SPEECHES TO PRACTICE**

Use **MLK** – “I have a Dream” to work on volume and emphasis.

Use **Winston S. Churchill** – “Their Finest Hour” to work on pausing.

Use **Geoffrey Chaucer’s Second Declamation for Sir Ulrich Von Lichtenstein of Gelderland** – “A Knight’s Tale” to work on pauses, volume, pacing, emphasis, and enunciation.

**Breathing Exercise:** Use these steps to increase your lung capacity.

1. Inhale through your mouth filling your chest up completely. Expand your diaphragm for maximum air intake.
2. Hold your breath for 15 seconds.
3. Exhale completely.

Continue this process over a period of days. Try to increase to 20, 30, and even 45 seconds.

**Inflection:** Inflection can impact what the listener hears. Practice your inflection using various words and phrases.

- Hello
- Hello
- Hello

**BODY PERFORMANCE TIPS**

- Stand Straight
- Shoulders Back
- Feet, Should-width apart
- Hands should comfortably gesture
- Dress one level above your students
- Accessorize appropriately
- Be aware of facial expressions
Give Your Best Performance... EVERY TIME!
a SIDLIT 2014 session presented by Megan Taylor, NWSTC

Warm-Ups: Say these tongue twisters to loosen up the tongue and relax the nerves. Say them quickly with precise enunciation. If possible, add musical scales to work on pitch.

Paul pruned Penelope’s pansies leaving Penelope perplexed.

Sure, Sally sold sixty shells at the sea’s shore, but Sue sold seventy seven! Sally, surprised at Sue’s success, screamed and shouted seventeen times; “Sue’s shells are shabby! Sally’s shells are chic!” Sue said to Sally, “Say what?” Then Sue shouted, “Sally sold sixty six shells, so she’s upset. Sorry for shouting!”

One smart fellow, he felt smart.

Top of the day. Tip top. Tippity toppity snip snop.

Babbling, Ben brought Babs to behave badly.

Twenty little leopards laughed at two lofty lions.

David tried drying tomatoes daily, due to Dina’s tremendous diet.

Mabel had a maple tree. Mabel’s maple tree didn’t make maple syrup for Mabel. Is Mabel’s maple unable?

Great use of pausing for power:

Example of good pausing, enunciation, pacing, and volume:

Explanation of using the body when performing: Amy Cuddy, “TED Talk – Your body language shapes who you are” http://bit.ly/19dsEUX

EXEMPLARY RESOURCES