“Show Your Words” Speech

Objectives:
- To learn how to control and use your body and gestures during a speech.
- To use words and body language to explain something, without the aid of notes.
- To demonstrate the effective use of props, if needed, for an effective speech.

TIME: 5-7 minutes (Goal: 6 minutes)

When they are controlled and used effectively, body language and props add a dimension to speaking that allows the listener to gain a better understanding of the specific meaning of the topic than words alone. This speech is designed for you to use your body and simple props (if needed) to help explain your words. The topic for this speech can be a demonstration of a skill or talent you possess, or it can be a story told using body language (and props, if they will help) to enhance and clarify your words.

Body language is a natural extension of a person’s speech and can include many things, such as:
- facial expressions, including eye contact;
- arm and hand gestures;
- moving the body (torso, shoulders, legs); and
- the use of physical space.

Body language can be used to describe what you are talking about such as when you discuss the size of a ball, in which direction a person walked and your body position while skiing.

The emphatic use of body language underscores the importance of a comment being shared such as when you slam your fist on a table to signify anger, hold your arms up over your head to describe the end of a gymnastics act and when you pound your foot demonstrating steadfastness.

Suggestive body movements/gestures offer what is unspoken and intended when you hold your hand up and open as if to receive, when you shrug to say you are puzzled and wave to say hello or goodbye.

The use of prompting gestures encourages action, thought or words. Some examples include the index finger crawl to call someone closer, holding your hand up and open to tell someone to stop and a wave to hail down a cab.

Props/Visuals
Props and visuals are tricky to use. Use them only if they are needed, such as if you demonstrate the swing of a golf club, a song played on the violin, a wrapped birthday gift or the specific way Grandma makes cookies. Any props/visuals should be large enough to see from all angles and the back of the room, simple enough to be understood easily (don’t make your audience work to understand) and used in a way that does not distract or take attention away from you when speaking. If you do use props/visuals, remember:
- they should be large and simple – everyone should be able to see and understand them easily.
- do not pass them around – it’s too distracting.
- hold it up for all to see only when it’s necessary to see;
- practice with the prop/visual – it takes some choreography to pick up and place down (and it takes time);
- have a back-up (contingency) plan in case something goes wrong (equipment can malfunction and balls bounce away from you).
- prepare ahead – you will set up your props before your speech begins so time is not wasted and your confidence is at peak performance!

When using your body language and props, let your words be your guide. Consider what movements would naturally support your spoken word and add clarity. Don’t force a gesture or visual, use one because you think you need to or make something fit – it will look unnatural. Remember, confidence and the effective use of body language and props/visuals come from practice. When used well, the audience sees you as a more credible and dynamic speaker with a clear and specific message to share. To do so, however, you must believe in what you are saying, feel confident (rehearsed!) and show what you mean by using these techniques in a prepared, practiced and well-timed manner.
<table>
<thead>
<tr>
<th>POINTS (MAX)</th>
<th>PRESENTATION CRITERIA &amp; FEEDBACK</th>
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<tbody>
<tr>
<td>(1)</td>
<td>Introduced with credibility statement</td>
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<tr>
<td>(1)</td>
<td>Audience Address</td>
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<tr>
<td>(2)</td>
<td>Attention Getting Opening</td>
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<tr>
<td>(2)</td>
<td>Organized (Open, Body, Close with logical, smooth transitions)</td>
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<tr>
<td>(2)</td>
<td>Clear and specific language</td>
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<tr>
<td>(3)</td>
<td>Posture/Body Movements/Use of the Floor Space</td>
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<tr>
<td>(2)</td>
<td>Facial Gestures</td>
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<td>(2)</td>
<td>Hand Gestures (prop use, if any)</td>
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<tr>
<td>(2)</td>
<td>Vocal Variety (volume, articulation, pace)</td>
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<td>(3)</td>
<td>Fillers (3 points = ( \leq 4 ); 2 = 5-9; 1 = 10-14; 0 = 15+)</td>
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(2) Call to Action/So What?

(3) Timing (3 points = 5-7 minutes; 2 = 4-8; 1 = 3-9; 0 = outside 3-9 range)

Total Score (25 = maximum points)