



“Focus on Gestures” speech worksheet *

The goal of the Focus on Gestures speech is to use natural, high, broad gestures (especially hand and arm movements), fairly constantly throughout your speech. What are some of the things you like to do for fun? How have your interests changed since you were little? What fun things do you want to try in the future?

What are 3 favorite fun activities you like to do? If you can, list them in order starting with your most favorite.

1. _____
2. _____
3. _____

When you were younger, what favorite things did you used to like to do that aren't favorites now? These can be silly things, too.

Starting with your second and third favorite activities now, what do you like about them, who do you do them with, how often do you do them, etc?

Now talk about your most favorite activity and why you like it, who do you do it with, how often you do it, and why you like it more than the others.

What fun things would you like to try in the future, and why?

Closing comment(s).

* The “Rule of 3”: Complete your speech worksheets at least 3 days before your speech, and practice your presentation out loud, with a timer, until you can meet your time goal 3 times in a row (and you like how your speech is sounding).