



PRACTICING YOUR DELIVERY

Deliver your speech in front of a mirror 3 times and use this checklist when you're done each time. By the third time you do it, you want to try to mark all the **YES** boxes.

ONE:

Are you making eye contact?

YES

NO

Is your body open and inviting? (Don't cross your arms or legs)

YES

NO

Did you add pauses and exclamations?

YES

NO

Are you changing your facial expressions throughout your speech?

YES

NO

TWO:

Are you making eye contact?

YES

NO

Is your body open and inviting? (Don't cross your arms or legs)

YES

NO

Did you add pauses and exclamations?

YES

NO

Are you changing your facial expressions throughout your speech?

YES

NO



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THREE:

Are you making eye contact?

YES

NO

Is your body open and inviting? (Don't cross your arms or legs)

YES

NO

Did you add pauses and exclamations?

YES

NO

Are you changing your facial expressions throughout your speech?

YES

NO

Look back at the checklists and write down two skills that you improved on?

1.

2.