NAME: ____________________

SPEECH ANXIETY Workbook

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Class of 2012
BEFORE

Choose a topic you enjoy!

Practice, practice, practice!
- By yourself
- In front of family/friends
- With a mirror/camera
- During commercials
- On the way to school

Make a Packing List
- Note cards
- Props
- Utensils
- Smile

This is something you may keep as a reminder. Make it into a bookmark or whatever you feel will help you when you need it.

Remember to SMILE...

S  Stand tall
M  Make it fun!
I  Ignore mistakes!
L  Loud and clear!
E  Eye contact!
AFTER

Be proud of yourself!

You did your very best, and that makes you a super star!

DURING

Remember to SMILE...

S  Stand tall
M  Make it fun!
I  Ignore mistakes!
L  Loud and clear!
E  Eye contact!
NAME: ___________________________ DATE: ___________

SPEECH ANXIETY
SMILE METHOD
STAGE FRIGHT
STAND TALL
MAKE IT FUN
IGNORE MISTAKES
LOUD AND CLEAR
EYE CONTACT