How to Prepare for a Speech or Demonstration

**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

**DURING**

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!