



# **Cadette Public Speaker Badge**

## **ACTIVITY BOOK** **For Girls in Grades 6–8**



This activity book can be completed as-is.  
To enhance your experience, you can use a computer with internet access,  
a voice recorder, or a video recorder!



## BADGE REQUIREMENTS

---

Work on your stage presence and develop your onstage skills.

1. Get a feel for performing solo.
2. Focus on body language.
3. Find your voice.
4. Choose or create a piece to perform.
5. Get onstage!

When you've earned this badge, you'll have found your inner performer and be unafraid to speak up!





## ACTIVITY 1

### What makes a good public speaker?

Everyone has their own opinion about what makes a good speech. Some people prefer comedy, some prefer something more sentimental and heartfelt, while others just prefer to hear the facts. With all the different types of public speaking there are it can be difficult to figure out what works best. Despite the many genres of public speaking, there are a few qualities that all great public speakers exhibit.

In the section below, highlight the words that describe the characteristics of a good public speaker.





## ACTIVITY 2

---

### Performing Solo

Here is your chance to get a feel for performing solo. Whether you decide to do it in front of your family, a mirror, or with a recording device, take your time and think about what you are trying to convey to the audience.

Remember, when it comes to public speaking, it's not just what you say but how you say it.

Directions:

1. Choose one piece from pages 5-8 of this activity book to practice performing.
  - a. Perform a Monologue (p. 5)
  - b. Make a Speech (p. 6)
  - c. Read Poetry (p. 7 or 8)
2. Practice performing the piece in front of your family, a mirror, or a voice or video recorder.
3. Perform the piece again, but this time, use a different emotion, and then answer the following questions.



.....

Questions:

1. How were the two experiences different?
2. Did your tone change the meaning of the monologue at all?
3. Did you enjoy it, or were you nervous? What could you have done differently?



## PERFORM A MONOLOGUE

.....

### Sorry I'm Late!

**By:** Lisa Iordache-Stir, Age 13, California, USA

**Gender:** Any

**Genre:** Comedic

**Description:** An employee explains why they were late to work.

I know I'm late for work, but you would not believe the morning I've had! Last night, I put all my clothes into the washer and dryer since most of them were dirty. To my surprise, they were all shrunk about three sizes after taking them out of the dryer! I only had my pajamas I slept in, so I wore them, as you can see. Then, when I went outside to get into my car, my car door wouldn't open. I put my hands onto the freezing car window and saw that my keys were inside of the car! I had no choice but to walk to work. As I walked down the street, I heard something come from a nearby alleyway. Out of curiosity, I went to see what it was. Let me tell ya, big mistake. There were about ten, no, about twenty ferocious street cats staring me down. I slowly backed away, but it was too late. They chased me down the alley. About five jumped onto me and attacked me. That is why there are a ton of scratches on my body. See? By some miracle, I was able to escape. I thought to myself, how can this morning get any worse? Trust me, it did. I was a block away from the work office when I went to the coffee shop right around the corner and got some hot coffee. I realized that I was about to be late for work. I hurried to get out of the shop, and of course, I tripped and spilled the coffee all over the place. My work bag, my pajamas, my shoes, were soaked! I tried to wash off as much as I could in the bathroom, but it's still there, as you can see. So, that's why I'm late. I'll try not to let it happen again. What? It's daylight savings time? Oh, I'm an hour early? Oh, then never-mind.

**You can find this and other monologues at**

<https://www.dramanotebook.com/monologues-teenagers/>



## MAKE A SPEECH

.....

### The Youth Takeover of the United Nations

The following is an excerpt from a speech made by **Malala Yousafzai** addressing the United Nations Youth Assembly at The Youth Takeover of the United Nations on July 12, 2013.

“So today, we call upon the world leaders to change their strategic policies in favor of peace and prosperity. We call upon the world leaders that all the peace deals must protect women and children’s rights. A deal that goes against the dignity of women and their rights is unacceptable. We call upon all governments to ensure free compulsory education for every child all over the world. We call upon all governments to fight against terrorism and violence, to protect children from brutality and harm. We call upon the developed nations to support the expansion of educational opportunities for girls in the developing world. We call upon all communities to be tolerant – to reject prejudice based on cast, creed, sect, religion or gender. To ensure freedom and equality for women so that they can flourish. We cannot all succeed when half of us are held back. We call upon our sisters around the world to be brave – to embrace the strength within themselves and realize their full potential.

Dear brothers and sisters, we want schools and education for every child’s bright future. We will continue our journey to our destination of peace and education for everyone. No one can stop us. We will speak for our rights and we will bring change through our voice. We must believe in the power and the strength of our words. Our words can change the world. Because we are all together, united for the cause of education. And if we want to achieve our goal, then let us empower ourselves with the weapon of knowledge and let us shield ourselves with unity and togetherness.

Dear brothers and sisters, we must not forget that millions of people are suffering from poverty, injustice and ignorance. We must not forget that millions of children are out of schools. We must not forget that our sisters and brothers are waiting for a bright peaceful future. So let us wage a global struggle against illiteracy, poverty and terrorism and let us pick up our books and pens.

They are our most powerful weapons. One child, one teacher, one pen and one book can change the world. Education is the only solution. Education First.”

Source: <https://mocomi.com/malala-yousafzai-speech/>



## READ POETRY

.....

### **I Follow My Dreams**

*By Delilah*

I get laughed at,  
I get ignored,  
I often feel trapped,  
and I keep my thoughts stored.  
People can be cruel and very mean,  
but no matter what,  
I follow my dreams.

Life has waves;  
I know that.  
But I stand brave  
and just take the crap.  
I may feel exhausted and totally creamed,  
but no matter what,  
I follow my dreams.

I know what I want,  
and I won't stop trying.  
Quitting? I can't,  
for now I'm flying.  
It's impossible it seems,  
but no matter what,  
I follow my dreams...

Source: <https://www.familyfriendpoems.com/poem/i-follow-my-dreams>





## READ POETRY

---

### The Dash

*By Linda Ellis*

I read of a man who stood to speak at the funeral of a friend. He referred to the dates on  
the tombstone from the beginning... to the end.  
He noted that first came the date of birth and spoke of the following date with tears, but  
he said what mattered most of all was the dash between those years.  
For that dash represents all the time they spent alive on earth and now only those who  
loved them know what that little line is worth.  
For it matters not, how much we own, the cars... the house... the cash. What matters is  
how we live and love and how we spend our dash.  
So think about this long and hard; are there things you'd like to change? For you never  
know how much time is left that still can be rearranged.  
To be less quick to anger and show appreciation more and love the people in our lives like  
we've never loved before.  
If we treat each other with respect and more often wear a smile... remembering that this  
special dash might only last a little while.  
So when your eulogy is being read, with your life's actions to rehash, would you be proud  
of the things they say about how you lived your dash?

Source: <https://thedashpoem.com/>



## ACTIVITY 3

### Body Language

When it comes to public speaking, our facial expressions and body movements are just as important as the words we say.

Find out how well you read body language by taking this quiz!

Match the body language on the left with what it says about that person on the right.

- |                                           |                                |
|-------------------------------------------|--------------------------------|
| A. Tilted Head                            | ____ Anger                     |
| B. Open Hands                             | ____ Invading Someone's Space  |
| C. Crossed Arms & Legs                    | ____ Feeling Defensive         |
| D. Talking with a Pen in Your Hand        | ____ Shy, or Lying             |
| E. Leaning Elbows on the Table            | ____ Trying to Remember        |
| F. Facing Away from Who You're Talking To | ____ Happiness                 |
| G. Flaring Nostrils                       | ____ Surprise                  |
| H. Grinning                               | ____ Disliking Someone         |
| I. Raising Eyebrows                       | ____ Gesture of Sympathy       |
| J. Looking Up & To The Left               | ____ Ready for New Experiences |
| K. Little Eye Contact                     | ____ Barrier Against People    |

*Flip to page 14 for the answer key!*



## ACTIVITY 4

### Speak and Repeat

The way you use your voice when public speaking is very important. Things like volume, tone inflection, and even your accent can help to convey emotion and really bring your words to life. Now, you will practice using different volumes, tones, and emotions.

Below, select a phrase from the phrase options, pick an emotion from the emotion bank, and then say the sentence using the emotion you selected. You can do this on your own and record yourself, or you can do this for a family member and ask them for their feedback.

Phrase Options:

1. Greek Grapes
2. Girl Gargoyle
3. Inchworms Itching
4. Mix, Miss, Mix
5. Red Leather, Yellow Leather

### Emotion Bank

Happiness	Impatience	Fear
Anger	Sadness	Excitement
Disgust	Surprise	Anticipation
Confusion	Relief	Embarrassment
Boredom	Exhaustion	Worry



## ACTIVITY 5

---

### Use Your Voice

**“I speak without reservation from what I know and who I am.”**

- Ani DiFranco, singer and songwriter

Is there a topic that you are really interested in? Is there a cause that you really care about? Now is the time for you to use your voice and create a piece on a topic that you are passionate about. Your piece should be between 1 and 2 minutes long. Choose from one of the options below.

#### **Write a piece about something you believe in.**

The focus of your speech should be your message. What message do you want to leave your audience with? Do you want them to support a cause or take action? What kind of tone and which gestures can you use that will effectively convey your message?

#### **Write a monologue for a character.**

Create or choose a character you'd like to play and write a monologue as if you were that character. Dive deep into the emotions of that character and let your imagination run wild!

#### **Write a short story.**

Ever have an embarrassing moment? Do you have a funny family story? Write a short story about your experience.

#### **Write a poem.**

Write a poem to express your feelings and thoughts on a specific area of interest.





## ACTIVITY 6

---

### Show Time!

And... Action! It's time for you to get on stage. Perform your creative piece for your family and friends, or visit our website at **[girlscoutsgcnwi.org/programs](https://girlscoutsgcnwi.org/programs)** to see if a badge-earning event is coming up!

Make sure you check out our tips for preparation and memorization to help you prepare for your speech!

#### Tips for Preparation and Memorization

The more senses you involve, the quicker and better you will learn your lines, speech, or monologue. So speak them, hear them, and read them as you write them. And, as usual, it's all about practice.

- **Run your lines.** Say them as often as you can, over and over and over.
- **Whenever possible, say your lines out loud,** the way you will deliver them.
- **Whenever possible, move around as you would on stage** while saying your lines.
- **Record them and listen to them** over and over and over.
- **Break your piece down** into bits and learn one act, scene, or speech at a time.
- **Write your lines** on index cards and quiz yourself.



## BODY LANGUAGE

### Answer Key

- |                                           |                                   |
|-------------------------------------------|-----------------------------------|
| A. Tilted Head                            | ___G___ Anger                     |
| B. Open Hands                             | ___E___ Invading Someone's Space  |
| C. Crossed Arms & Legs                    | ___C___ Feeling Defensive         |
| D. Talking with a Pen in Your Hand        | ___K___ Shy, or Lying             |
| E. Leaning Elbows on the Table            | ___J___ Trying to Remember        |
| F. Facing Away from Who You're Talking To | ___H___ Happiness                 |
| G. Flaring Nostrils                       | ___I___ Surprise                  |
| H. Grinning                               | ___F___ Disliking Someone         |
| I. Raising Eyebrows                       | ___A___ Gesture of Sympathy       |
| J. Looking Up & To The Left               | ___B___ Ready for New Experiences |
| K. Little Eye Contact                     | ___D___ Barrier Against People    |



**CONGRATS!!!**  
**YOU COMPLETED YOUR**  
**CADETTE PUBLIC SPEAKER BADGE!**

Badges can be purchased at **[shopgirlscouts.com](https://shopgirlscouts.com)**



**NOT A GIRL SCOUT?**  
**NOT A PROBLEM!**  
**LEARN MORE ABOUT JOINING!**  
**[girlscoutsgcnwi.org/join](https://girlscoutsgcnwi.org/join)**