



Name: _____

Grade: _____

Date: _____

1 Stress detective

Say each sentence out loud, making the underlined word louder. What does it really mean? Write the letter.

Sentence	Letter	Meanings
I didn't eat your sandwich.	☐	A I ate something else of yours.
I <u>didn't</u> eat your sandwich.	☐	B Someone else ate it.
I didn't <u>eat</u> your sandwich.	☐	C I ate someone else's sandwich.
I didn't eat <u>your</u> sandwich.	☐	D I did something else to it, like squash it.
I didn't eat your <u>sandwich</u> .	☐	E I am saying no, very strongly.

2 The four Ps

Write the number of the matching tool in the box next to each tip.

1 • Power	☐	Go up and down like music, never flat.
2 • Pace	☐	Be silent for a moment before a big idea.
3 • Pause	☐	Be loud enough for the back row.
4 • Pitch	☐	Speak a little slower than when you chat.

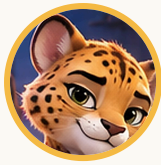
3 Strong or nervous?

Tick the right column for each speaker habit.

Habit	Strong speaker	Nervous speaker
Looks at the audience at the end of each sentence	☐	☐
Keeps both hands in their pockets	☐	☐
Stands tall with feet still	☐	☐
Reads every word from the paper	☐	☐
Smiles when telling a happy story	☐	☐
Says "umm" before every sentence	☐	☐

Mirror challenge

Stand in front of a mirror. Say "**Today... I want to tell you... about my bravest day.**" three times: once in a nervous pose, once in a strong pose, once with all four Ps. Which felt best?



Talk Like a Pro

Name: _____

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Date: _____

1 Upgrade "very" into a power word

Use the word bank. Each word is used once.

exhausted

delighted

terrified

enormous

astonished

resolute

freezing

ancient

very tired

very surprised

very old

very happy

very scared

very big

very cold

very determined

Rewrite it: "The trek was very long and at the top we were very hungry, but the view was very nice."

2 Answer, Add, Ask

Don't stop the conversation with one word. Answer, add a detail (who, where, when, how it felt), then ask a question back.

"What did you do last weekend?"

Answer

Add

Ask

"Which subject do you enjoy most?"

Answer

Add

Ask

3 Flip it!

Correct the silly question in one full sentence, then tell the truth with one detail.

"Did you have breakfast with a dinosaur today?"



My Summit Speech Planner

Name: _____

Grade: _____

Date: _____

1 Pick a topic

☐

Every school should have a class pet.

☐

Children should choose one family weekend plan each month.

☐

The most useful superpower would be _____.

☐

My own topic: _____

2 Choose your hook

☐

A question

☐

A surprising (true!) fact

☐

"Imagine..."

My first sentence:

3 Build it with PREP

Key words only, not full sentences. You will speak, not read.

PPoint • what I believe
_____**R**Reason • because...

_____**E**Example • a real story or detail

_____**P**Point again • end strong

Before you speak

☐

One power word I will use: _____

☐

I will pause after my hook

☐

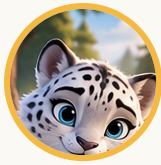
Stand tall, breathe in, smile

☐

Look up at the end of each sentence

☐

One minute, timed



Speaker's Scorecard

Name: _____

Grade: _____

Date: _____

1 Rate your speech

Colour in the stars after you give your one-minute speech at home. Then ask a family member to rate you too.

Tool	Me	My audience
Voice: loud, clear, not too fast	☆ ☆ ☆	☆ ☆ ☆
Pauses and expression	☆ ☆ ☆	☆ ☆ ☆
Eye contact and posture	☆ ☆ ☆	☆ ☆ ☆
Hook and PREP structure	☆ ☆ ☆	☆ ☆ ☆
Power words	☆ ☆ ☆	☆ ☆ ☆

2 Two stars and a wish

Star 1 ★ _____

Star 2 ★ _____

A wish _____

For parents: three five-minute games for this week

Flip it at dinner: ask silly wrong questions ("Did you swim to school?"); your child corrects you in a full sentence. **Ask "what happened next?":** after one-word answers, ask who, where and how it felt to pull out detail. **Weekend one-minute speech:** your child picks a topic, plans with PREP, and you time and give two stars and a wish. Praise effort and one specific skill, and avoid correcting every mistake while they speak.

Answer key

Sheet 1 • Stress detective: I = B, didn't = E, eat = D, your = C, sandwich = A. **Four Ps** (tips from top): 4 Pitch, 3 Pause, 1 Power, 2 Pace. **Strong or nervous:** strong = looks at audience, stands tall, smiles; nervous = hands in pockets, reads every word, says "umm".

Sheet 2 • Power words: tired = exhausted, old = ancient, scared = terrified, cold = freezing, surprised = astonished, happy = delighted, big = enormous, determined = resolute. **Rewrite** (sample): "The trek was endless and at the top we were starving, but the view was breathtaking." **Answer, Add, Ask and Flip it:** answers will vary; check for a full sentence, one detail and a question back.