



ACTIVITY PACK

HOW TO TALK SO PEOPLE WILL LISTEN!



AUDIOBOOK
ALSO
AVAILABLE!

AS LIZZIE SAYS,

"WOULDN'T IT BE BORING,
STRANGE, AND ALSO CONFUSING
IF WE ALL SOUNDED
THE SAME?"



Author Lizzie Waterworth understands that speaking in front of others isn't always easy!

As a professional cartoon voice artist, she's spent her life practicing owning the room with her voice. Packed with funny stories from Lizzie's world of cartoons and advice from other voice artist celebrities, *How To Talk So People Will Listen* is full of practical advice for helping everyone find their own voice!

Accompanying the book, this activity pack offers a series of creative exercises inspired by the book to help practice public speaking and ignite confidence from within.

EVERYONE HAS THEIR OWN UNIQUE VOICE AND WE SHOULDN'T BE AFRAID TO USE IT!

ROLLER COASTER FEELINGS

Imagine standing on a stage and giving a presentation in front of your whole school. The spotlight is shining on you! How would you feel?

Circle the words that best describe your feelings about speaking in front of others.



**NOW, LET'S
BUILD OUR**

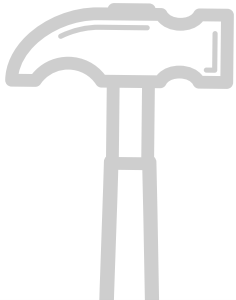
CONFIDENCE TOOLBOX

For Lizzie, filling up her toolbox allows her to pull out a blueprint for feeling more ready and confident when speaking. **Here are just a few of the many tools in Lizzie's toolbox:**

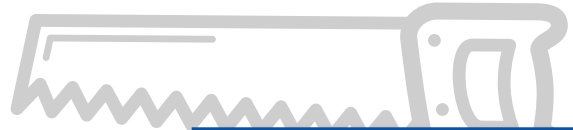


- ◆ Take a sip of water
- ◆ Take a nice big belly breath
- ◆ Put on a special VR headset
(Page 66 of *How to Talk so People Will Listen*)
- ◆ Stand up straight and plant your feet firmly on the ground
- ◆ Do the Mighty Mini Massage
(Page 106 of *How to Talk so People Will Listen*)
- ◆ Talk to yourself positively and kindly if you make a mistake
- ◆ Try to have fun when speaking!

What's in your toolbox? Brainstorm some tools that help you feel more confident when speaking, and label each tool below with a different method. Look through Lizzie's book and write down tools that help you!



TOOL #1:



TOOL #2:

TOOL #3:

TOOL #4:

TOOL #5:



CHARACTER LAB CREATION

Next, let's create a character!

Your character can be anything from a robot to an alien to an animal. Your character can be silly or serious, do backflips or play the piano, be a villain or a hero—anything you want! It could even have a superpower.

DRAW YOUR CHARACTER:

Let's learn more about your character. Fill out the paragraph below.

Hello, my name is _____.

What's your character called?

I am _____ years old.

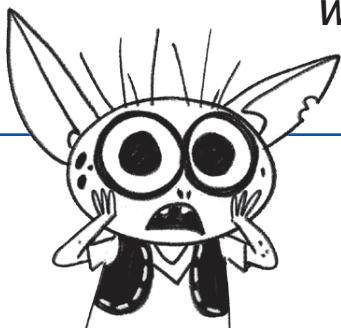
How old is your character?

I'm special because _____.

What does your character like to do?

And my voice is _____!

What does your character's voice sound like?





PRACTICE THE POWER OF YOUR VOICE!

Speaking in front of others can be hard, but remember that getting it wrong at first will help you get it right in the end. As Lizzie states, “The more you hear yourself repeat the lines, the less effort it takes. With enough practice, the words come out like a favorite song you’ve listened to many times.”

Practicing can be fun! Follow the steps below to practice reading the paragraph you wrote about your character **out loud**.

1. Read the paragraph in your normal voice.
2. Read the paragraph as fast as possible.
3. Read your paragraph really slowly, pausing between each word.

NOTICE – HOW – MUCH
– YOU – LISTEN – TO –
EACH – WORD – WHEN –
YOU – DO – THIS.

4. Whisper your paragraph as quietly as possible.

5. Now shout your paragraph!
Read it **LOUDLY!**

6. Read your paragraph in your character’s voice. How would they sound?

7. Lastly, read your paragraph with as much confidence as you can muster!
How do you sound?



SHARE YOUR CHARACTER!

Now, it's time to tell people about your cool new character! Hold up your drawing and read your paragraph to your class, a family member, a friend, your favorite stuffed animal, a pet, or even yourself in a mirror.

AS LIZZIE STATES:



"We don't just wave a magic wand and ping—just like that all become amazing speakers. With enough practice and slow but steady changes, we can all do it, and it's totally worth it."



You are enough! So, pick up your confidence toolbox, hold it tightly as you walk around, keep your head held high, and go conquer that speaking. You've got this."

TIP GLOSSARY

We all struggle with different things when speaking. Some of us find our hands shaking when we're nervous, while others bite our nails or speak too softly. For more tips, reference these pages from *How to Talk so People Will Listen*.

SHAKING - pages 30–31	TALKING FASTER OR SLOWER - pages 97–100	CONNECTING WITH YOUR AUDIENCE - pages 134–135
BLUSHING - page 33	SPEAKING LOUDER - page 103	TALKING TO SOMEONE NEW - pages 120–121
USING FILLER WORDS LIKE "UM" AND "Y'KNOW" - pages 80–85	CLASS PRESENTATIONS - pages 128–130, 152–153	VIRTUAL CALLS - pages 110–111