The Adventure:
Pull a topic out of a hat, take 30 seconds to prepare, and then speak for a minute on that topic.

Safety Note:
- How can you be a good listener when it’s not your turn to speak?
- How does it feel when others don’t pay attention when you speak?

Online Resources:
TED’s secret to great public speaking

Plan:
- What topics will you put in the hat? Will they share a theme?

Do:
- Present your topic!

Review:
- What do you know now that you did not know before?
- How would having more time to prepare have helped you perform better or feel more comfortable?
- Sometimes you don’t get a lot of time to prepare what you’re going to say or how you’re going to respond. What did you learn that you’ll want to remember next time you have to speak on the fly?