# **Pickett County 4-H**

## **Next Meeting: Public Speaking Contest**



Next meeting will be the public speaking contest. Write a short speech, practice at home and give your speech at the 4-H club meeting. Club winners will get to compete at the county contest.

#### What do I write my speech about?

Choose a topic that is interesting to you. You can write about a hobby or even your favorite 4-H activity. Your speech can be about 4-H, but it doesn't have to be. Here are some ideas for your speech:

Head, Heart, Hands, Health My Role Model
How I Use the 4 H's Everyday The American Flag
Citizenship Being a Leader



#### How long does my speech have to be?

4th grade—1-3 minutes 5th grade—2-5 minutes 6th-8th grade—2-7 minutes 9-12th grade—3-7 minutes



### How do I organize my information?

Introduction Body Conclusion

#### Remember: Practice, practice, practice

Practice your speech so you know it well. You may memorize your speech or use note cards. Posters and other visuals are not allowed for the speech.

Make good eye contact during the speech.

Speak loudly.

Have a good posture and don't fidget while speaking.