

Speak Up

Our lesson is called speak up and we want participants to learn sharing in a group

Topic: public speaking + teamwork

Lesson summary:

The lesson is about preparing participants for public speaking in a group. Participants will have to defend their ideas and stand for their own opinion. It is useful because it teaches young people life skill necessary for their adult life such as public speaking and teamwork.

Team Members and Roles:

- Sofia - Team leader
- Julia - Team leader + introduction to the activity
- Sunday - Team leader
- Gerda - Team leader
- Rares - Time keeper + showing materials
- Regina - Time keeper

What real-life problem or need does the lesson address?

To fix the lack of confidence and social skills young people might have

Target group

Youngsters that will need these skills in their adult life

Concrete objectives

- Roleplay - ice breaking game that features roleplay
- discussion - prepping arguments- discussion, chatting
- speak up - present their own view- defending debate

Instructions

- Divide the participants into 4 teams
- Introduce the icebreakers and the time duration. Self presentation +sign + remembering the previous ones (5 min)
- Roleplay -each team represents a kitchen and every participant is a different item -> they discuss
- Debate: each team is given a question which is analyzed and argued with another team -> 1 min / team - argument presentation -> 3 min /continues arguing and debating literally.

Material List

- Paper
- Pens
- chairs and tables
- timer

Reflection Questions at the end of activity

1: What happened? Ideally, they answer "People speak with more confidence and speaks their opinions more freely in the chance of judgement"

2: How did you feel/what was difficult? Ideally, they answer “To break the ice, finding a good phrasing for the ideas.

3: Why did this happen? Ideally, they answer “Lack of experience, unexpected questions, time pressure

4: What did you discuss or learn? Ideally hidden skills, different perspectives.

5: Was everybody included in the group work? Yes.

Self-reflection during testing with other groups

	Yes	Almost	Needed work
Were the instructions clear to the participants?	☒	☐	☐
Are participants active rather than listening to a lecture?	☒	☐	☐
Does the activity achieve its objectives?	☒	☐	☐
Did it realistically fit in 20–30 minutes?	☒	☐	☐
Is everyone meaningfully involved?	☒	☐	☐
Is the activity inclusive?	☒	☐	☐
Is there enough reflection/debriefing?	☒	☐	☐
Is the learning connected to real life?	☒	☐	☐

Based on the peer test session, the strongest part of the lesson was –
When they had the debate with each other.

Based on the peer test session, one thing that was unclear was –
The times for the discussion for the two teams.
Improvement suggested was the confidence of facilitators.