



Public Speaking 101

Do you have an irrational fear of public speaking? Don't worry, you are not alone. Thousands struggle with the same problem. You don't need to be afraid to speak in public. Read the tips below on how to overcome your fear.

- Choose a topic you are passionate about. The more you understand your topic, the greater your chances are of a successful delivery.
- Be well prepared. Make sure your speech has an introduction, a middle and an end.
 Do not choose words that you find difficult to pronounce or struggle to remember.

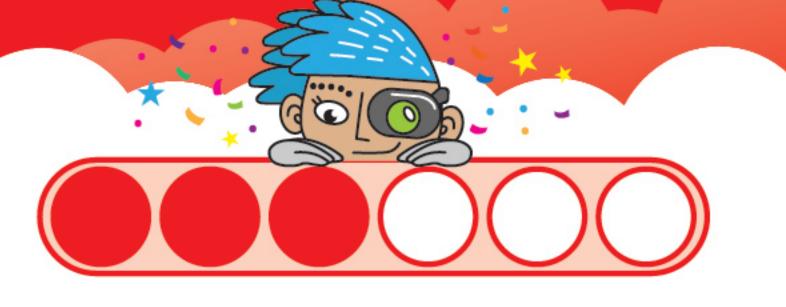


- It might feel awkward at first, but, if you practise in front of a mirror, you already have one audience member—a very kind and forgiving one!
- When you are ready, grab a few family members and deliver your speech to them. It will gradually make you more comfortable speaking in front of people. They will also give you honest feedback.
- It also helps to record a video of yourself delivering the speech. You will hear your own voice and see how you can improve.
- Visualise what you are saying. Don't only memorise the words. If you see what you are saying in your head, it will sound more natural. You will also remember it better.
- Breathe! Take one or two deep breaths before you walk to the podium. Also, remember to breathe during your speech.
- Pick two or three members in the audience and focus on them. You don't have to look at everybody in the room while you are delivering your speech.
- If you lose track of where you are, stop and gather your thoughts.
 Don't be afraid of silence. Rather, get yourself back on track and continue from where you stopped.

Public speaking is a great opportunity for you to speak your mind. You will feel so empowered when you deliver your speech with confidence. Just go for it!

Questions

1	True or false?			
	You have to look at everyor when you deliver a speech.	ne in t	he audience	
2	What should you do if you	forget	the words?	
3	Who is the one audience me mirror?	ember	when you pract	ise in front of a
4	Why would it help to only focus on two or three people in the audience?			
5	How comfortable are you speaking in public? Explain	6	What is a podibelow.	um? Draw one
	your answer.			



Disaster on the River

Sienna, Emily and Emma went on a camping trip to the Breede River with their parents. They had been looking forward to this trip for weeks!

Immediately upon arrival, the grown-ups put the tents up by the riverbank and unpacked the supplies. The girls' parents warned them not to go to the river alone because the strong current could be very dangerous.

The girls went to explore their surroundings. They saw a group of boys kicking a ball on the field in the middle of the campsite. They saw a small kiosk at the top of the campsite. They saw a shed with kayaks next to the campsite.

Exploring made them thirsty. They decided to head to the kiosk to buy a drink. They saw one of the boys on the field kick the ball with a mighty blow. The ball bounced over their heads. It rolled down the road, into the river. The boys were very disappointed as their ball drifted away.

'We'll get your ball for you!' Emma shouted.

'What? No, we won't,' Emily whispered to her. 'We're not allowed to go near the river, remember?'

The boys were very impressed with Emma for offering to fetch their ball. One of them replied, 'If you

bring our ball back, we will buy you each an ice cream!

Sienna looked at Emily and said, 'We don't have enough money for ice cream. We might just as well try to get their ball.'

Emily sighed and reluctantly agreed.

They saw the ball stuck between reeds on a small island in the middle of the river. After planning what to do, with tremendous effort, they dragged a kayak out of the shed and launched it in the water. The three of them balanced on the two-seater kayak.

Almost immediately, the current swept them away. They couldn't control the kayak at all. They tried to row against the current, but it was no use.

'Help us!' Emily screamed, 'HELP!'

Luckily, their parents heard the girls. Emily's father jumped in the river and brought them to safety. The girls were so relieved. However, they knew their parents were very disappointed in them. They wondered what their punishment would be.

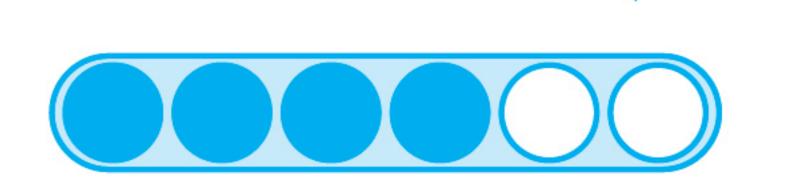


Questions

- Where did the grown-ups put the tents?
- What did the boys promise the girls if they brought their ball back?
- Which one of the girls didn't want to fetch the ball from the river?
- Going onto the river was irresponsible of the girls. What else was irresponsible?
- What would be a fair punishment for the girls' actions?

6 Write another word that has the same meaning as tremendous.





Iqbal Masih's Story



Iqbal Masih was only four years old when his father sold him into slavery. His parents took a loan to pay for Iqbal's brother's wedding. Iqbal had to work in the loan shark's carpet factory until the loan was paid off.

Little Iqbal worked for 12 hours a day. He only had one 30-minute break. All the children at the factory were tied to chains to keep them from running away. They were beaten, starved and treated very badly. He was only paid three cents per day. This was not nearly enough to pay off his parents' debt. Iqbal ended up working at the factory for six years.

Iqbal planned his first escape at the age of 10. He took a few other children with him. They ran to the nearest police station. Unfortunately, the police officer in charge was corrupt. He took them back to the carpet factory.

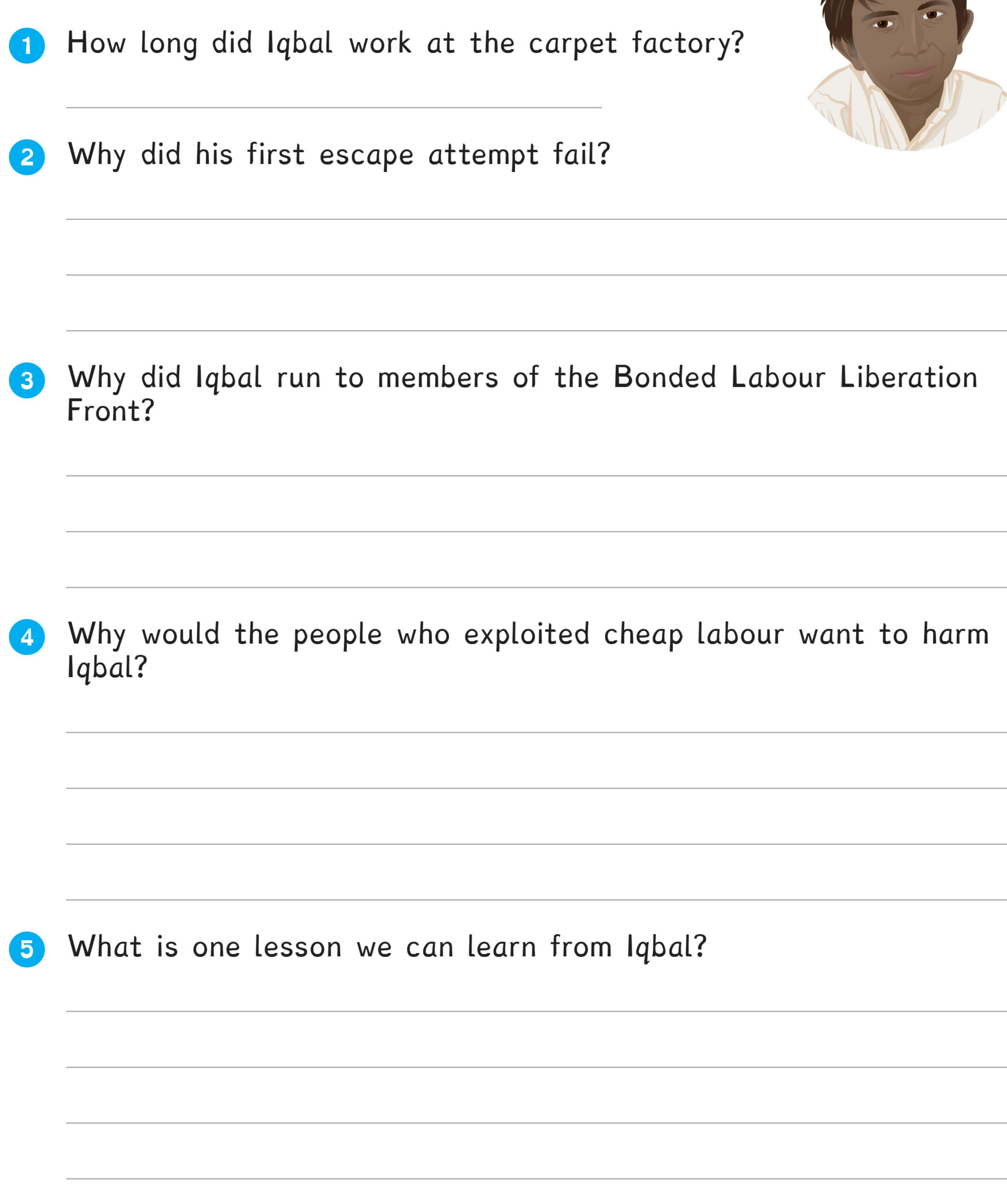
Iqbal did not give up his dream of escaping the factory. He tried again a few months later. He ran to members of the Bonded Labour Liberation Front (BLLF). These people were activists against child labour. Iqbal risked his own life to take members of the BLLF to the carpet factory. Together, they rescued hundreds of children.

Iqbal joined the BLLF. He travelled all around the world to spread awareness of forced child labour. Iqbal started studying and he completed four years of school in only two years. People who have met him say that he was extremely clever. He wanted to become a lawyer to continue the fight to end child slavery.

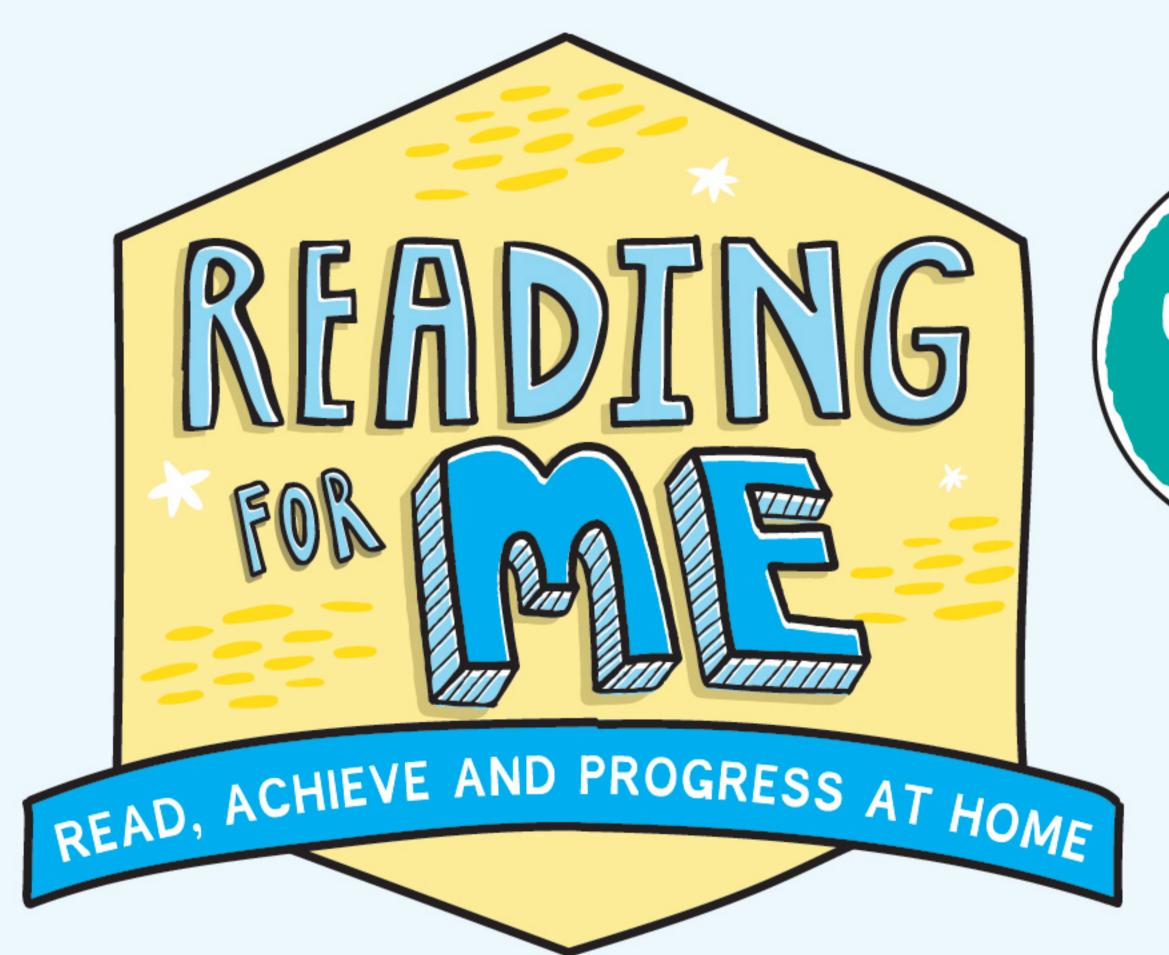
Iqbal constantly received death threats from people who used cheap child labour in their factories. One day, shortly after returning from a trip to the United States of America, Iqbal was shot and killed by one such person. He was only 12 years old at the time.

Iqbal's life was undeniably too short. He helped more than 3000 children to be liberated from child slavery. He truly is a hero.

Questions



What is an activist?



ENGAGING TEXTS TN EACH LEVEL



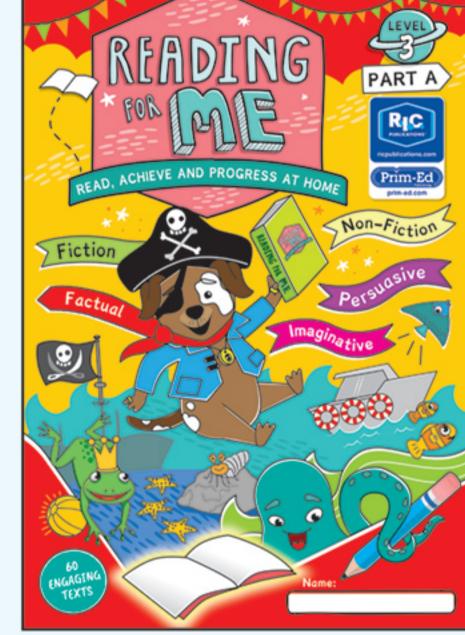
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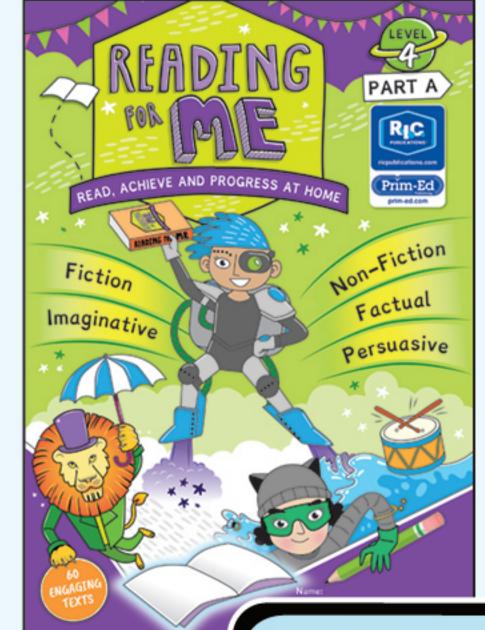
- First edition
- * Suitable for 1st to 6th Class
- Support children to become independent readers

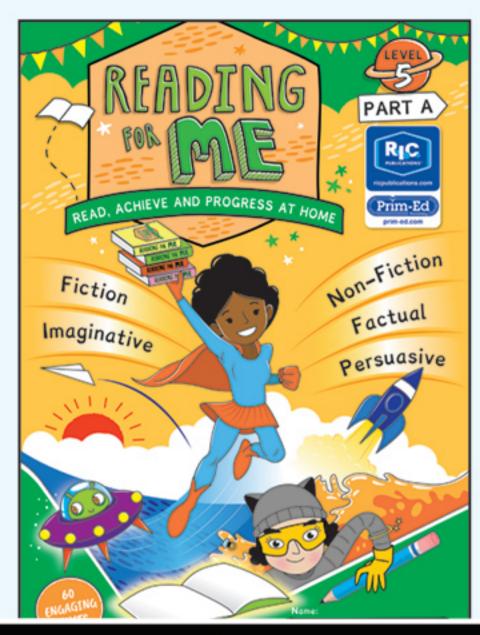
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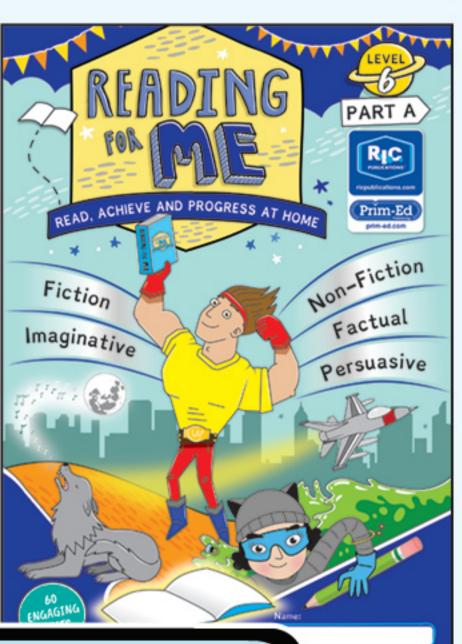
- Each level has two workbooks containing 15 weeks of texts each (four texts per week). Part A is a physical workbook and Part B is online.
- Children are encouraged to read one text each day at home (Monday to Thursday).
 This equates to 120 texts per level.
- A number of different text types and artwork are included to provide variety and interest.
- Each text has an accompanying worksheet with six questions (literal, inferential, evaluative and vocabulary) for children to complete so teachers can monitor reading success.













Reading for Me is a child-centred six-workbook series that provides engaging daily reading activities designed to:

- foster a love of reading in children
- encourage children to take ownership of their reading
- · develop and progress reading skills
- develop intrinsic motivation (i.e. children want to read on their own accord)
- involve parents in their children's reading journey
- make reading accessible by providing easy texts that increase in difficulty.

Why choose Reading for Me?

- It is written in line with the Common European Framework of Reference, so teachers and parents can be assured that children's reading skills are developed as they progress through the series.
- It is extremely quick and easy for teachers to implement in their classroom or to assign as homework.
- Questions consolidate reading and comprehension and allow teachers to check that children actually read and comprehend the texts.

