# Three Exercises for Oral Presentations

## Exercise one. TRY THIS (Walking).

BREATHE. RISE.
BREATHE. WALK.
BREATHE. PAUSE.
LOOK. SMILE.PAUSE.
WALK. SIT.

## Exercise Two. TRY THIS (Introduction.)

BREATHE. RISE.
BREATHE. WALK.
BREATHE. PAUSE.
LOOK. SMILE.PAUSE.
I'M (NAME), a (YEAR) (your major) MAJOR at Middlebury College.
[Pause.] THANK YOU. [Smile.]
WALK. SIT.

## Exercise Three. TRY THIS (See. Stop. Say. Famous Speech—one sentence).

Choose one sentence of a famous speech. Practice saying that out loud.
BREATHE. RISE.
BREATHE. WALK.
BREATHE. PAUSE.
LOOK. SMILE.PAUSE.
Add your introduction at the beginning or the end:
I'M (NAME), a (YEAR) (your major) MAJOR at Middlebury College.
[Pause.] THANK YOU. [Smile.]
WALK. SIT.