



Speak & Tell! Video: “Command the Stage with Proper Body Language”

Whether you’re nervous about public speaking or already comfortable in front of a crowd, *body language* reveals a lot about you *and* the message you’re sharing. Award-winning broadcaster and public speaker Michelle Wright demonstrates proper body language to ensure your physical actions and facial expressions *emphasize* your message, without distracting the audience.

LEARN MORE ABOUT EFFECTIVE BODY LANGUAGE AND CREATING A POSITIVE IMPRESSION WITH YOUR GESTURES AND FACIAL EXPRESSIONS

Teen Kids News – Do you speak body language?

Explore this fascinating guide to teen body language, and learn what gestures and facial expressions reveal to others about your mood and personality!

Clippings.me Team – 10 Types of Speeches Every Speechwriter Should Know

Learn the features of different types of speeches, so you can focus your message and make an impact on your audience.

Freedom Forum Institute – Is Your Speech Protected By The First Amendment?

Did you ever wonder if your school could prevent you from stating a controversial opinion in a newspaper, website, or in a live speech? Learn about students’ First Amendment rights and responsibilities.

Science of People – Body Language: What It Is & How To Read It

From gestures to facial expressions to the clothes and accessories you wear, learn what your *body language* is saying to the audience.

Six minutes: Speaking and Presentation Skills – What to Wear for a Speech

Your clothing and accessories are part of your body language so consider these tips when you plan *what to wear* for your speech.

[Toastmasters International](#)

Toastmasters International is a non-profit educational organization that teaches public speaking and leadership skills. Check out this awesome collections of public speaking tips, video demonstrations, and a regional map to explore Toastmasters chapters around the world.

[Speak for Success! The Genard Method - Negative Body Language: 7 Deadly Sins of Non-Verbal Communication](#)

Body language can say more about you than your words! Watch these examples of body language that create *negative impressions* of you when you speak to other people.

[National Public Radio \(NPR\) – The Best Commencement Speeches, Ever](#)

Take inspiration from these great speakers and their history-making Commencement speeches. Read the transcripts and even watch videos of some of the speakers in action!

[American Rhetoric – Top 100 Speeches](#)

Explore this ranking of top speeches in history. Click on the links to watch them and read their transcripts and learn from their techniques!

[Ranker – Famous Short Speeches](#)

Your speech doesn't need to be long to be effective. Check out these famous short speeches that made history – and use them as a guide to giving your own concise, yet effective, speeches!

[How To Be A Great Audience Member – The Gluck Fellows Program of the Arts at UC Riverside](#)

Review this guideline for audience etiquette and consider sharing it with your teachers and classmates to create a welcoming and respectful environment for classroom speeches.

[Write-Out-Loud.com – How To Research A Speech](#)

In order to inform or persuade people, your speech needs compelling *facts*.

Authenticating and Verifying information in the age of Fake News

Learn how to conduct research for your speech and ensure you're using high-quality, current, and unbiased material.

- [Media Smarts](#)
- [FaceCheck.org](#)
- [Common Sense Media](#)

Got a tip for creating a good impression through body language? We want to hear about it!

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

You can email your story to us at luminari@luminari.org

Learn more about attending Luminari's *in-person camp* *Speak & Tell!* and explore scholarship opportunities: [Speak & Tell! Camp](#)