

Speak for One Minute Worksheet

Age Group: 8-12 Years | Skill Focus: Fluency & Speaking Without Stopping

My name: Date:

How to use this worksheet

You will choose a topic, collect ideas, plan your minute and speak for 60 seconds.
Do each step in order. If you get stuck, use a rescue phrase and keep going!

1 Choose Your Topic

Tick ONE topic, or write your own. Pick something you can talk about for a whole minute!

Fun & Favourites

- ☐ My favourite food
- ☐ My best holiday
- ☐ My dream pet
- ☐ My favourite game

My own:

All About Me

- ☐ My family
- ☐ My hobby
- ☐ A day I will never forget
- ☐ My hero

My own:

Big Ideas

- ☐ If I were a teacher
- ☐ Why reading is great
- ☐ A place I want to visit
- ☐ An invention I would make

My own:

Topic Spark!

Choose a topic you know well and care about. The more you know, the longer you can talk!

Example: "My dream pet" is great because you can describe it, say why you want it and tell a story.

My topic is:

I chose it because:

.....

How do I feel about this topic? Tick ONE!

- ☐ Super sure ☐ A bit unsure ☐ A little nervous

Three words I already know about my topic:

2 Collect Your Ideas

Write words or short notes. You need lots of ideas to fill 60 seconds!

WHAT

What is it?

Explain your topic simply.

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WHY

Why do I like it?

Give your best reasons.

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STORY

A short story or example

Something that really happened.

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DETAILS

What can I see, hear or feel?

Use your 5 senses.

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WOW My amazing fact or surprise

Something that will make your audience say "Wow!"

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Draw a quick mind map or picture of your topic here!

3 Plan Your Minute

One minute is 60 seconds. Plan each part so you always know what comes next!

START 0 to 10 seconds: Grab attention!

Try: "Have you ever ____? Today I will tell you about ____."

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MIDDLE 10 to 50 seconds: Share three big points

Try: "First, _____. Also, _____. My favourite part is _____."

Point 1:

Point 2:

Point 3:

END 50 to 60 seconds: Finish strongly!

Try: "So that is why _____. Thank you for listening!"

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Never-Stop Rescue Phrases

Stuck? Do not stop. Take a breath and say one of these:

SAY: Let me tell you more about... Another thing is... For example...

OR: This reminds me of... What I like most is... Also, did you know...?

Read your plan out loud once. Check it!

☐ I have a strong start ☐ I have 3 big points ☐ I have a strong ending

Tip: A pause of two seconds feels long to you, but sounds calm and clever to your audience!

4 Take the One-Minute Challenge

Ask a helper to time you. Speak for 60 seconds without stopping. Tick each Speaker Tip you remember!

Speaker Tips

- | | |
|---|--|
| ☐ Stand tall and breathe | ☐ Speak at a steady pace |
| ☐ Pause instead of saying “um” | ☐ Look at your audience |
| ☐ Keep going if you slip up | ☐ Use your hands and face |

Try 3 times. Write your time and tick your result!

Try 1: to a mirror
Time: _____ sec

- ☐ Non-stop!
☐ Almost

Try 2: to family
Time: _____ sec

- ☐ Non-stop!
☐ Almost

Try 3: to friends or class
Time: _____ sec

- ☐ Non-stop!
☐ Almost

How many times did I stop or say “um” in my best try?

How did your minute feel? Tick your choice!



Non-stop champion!

- ☐ Tick here



Nearly there

- ☐ Tick here



Keep practising

- ☐ Tick here

My favourite part of my talk was.....

Next time I will add:

Parent / Teacher Feedback

What the child did well:

One thing to try next time:

Speaking stars: ☆ ☆ ☆ ☆ ☆

Signed:

Well done! You are a one-minute speaker!