

Speaker Chant:

"Three second rule: (hold up one - two - three with fingers while counting) one, two,three, okay!
Projection (clap), inflection (clap), don't give us a frown(clap-clap).
Don't mumble (clap), don't grumble (clap), and never look down(clap-clap).
Smile (clap), speak clearly (clap), and make sure you're prepared(clap-clap).
Stay in your (clap on 'your') allotted time (clap on 'time'), and try not to look scared (clap-clap).
Three second rule: one, two, three, (clap once for each number) oh yeah! (fist pump)"

Audience Song:

Sung to the tune of the Barney song

"Eye contact, don't distract, give good feedback, always clap (clap).
If the audience always follows these, the speaker you'll be sure to please."