

Follow up on Sam Demma's Speech

Section 1 – Connections to Health and Physical Education

- As a class read through the attached chapter, “Empty Backpack,” and discuss how the words of others have personally affected your mental health and well-being. (Please keep in mind this is an unedited chapter of Sam's upcoming book)
- Have each of your students create a T-chart with “Beliefs” as the title of the left column and “Origin” as the title of the right column. Assign your students some time to write out the positive and negative beliefs they may be carrying and challenge them to try and pinpoint where they originated. Upon realizing that most negative thoughts come from external sources, they are easier to dismiss and “empty”.
- As a class, discuss how you've “been someone's taco” through your actions and words. Make sure also to discuss the impact it had on whoever was involved.

Section 2 – Connections to Oral Communication

- Have your students identify their favourite presentations/speakers from the conference and challenge them to explain why referencing techniques and skills they used well.
- Instruct your students to create a three-column chart with these headers:
 1. Continue
 2. Change
 3. Remove

Their task is to provide feedback on a session of their choosing by placing suggestions underneath each category. Things listed underneath the continue category are things the students loved and suggested that the speaker continue doing. Things underneath the change category are things the students thought were okay but needed to be slightly adjusted or reworked. Things underneath the remove category are things the students feel the presenter should remove for future presentations.

Section 3 – Connections to Community

- Reiterate the lesson on “Small Consistent Actions” and challenge your students to brainstorm a list of habits/actions they can start committing to that would help them develop a life of impact and service.