



SHY TO SHINE

A FUN WEEKLONG JOURNEY TO
PUBLIC SPEAKING FOR KIDS

BY
RAVNEET KAUR MUCHAL



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ABOUT THE AUTHOR



Ravneet Kaur Muchal

Hi, I'm Ravneet Kaur, a Public Speaking and Personality Development Coach with 3.5 years of experience helping children unlock their potential and embrace their inner confidence. My journey began with a simple yet powerful vision: to empower the next generation to express themselves fearlessly and make a positive impact on society.

I believe that every child has a unique voice, and with the right guidance, they can overcome their fears, discover their strengths, and shine as future leaders. Through my work, I've had the privilege of witnessing incredible transformations—children who once hesitated to speak are now delivering speeches with pride and enthusiasm.

My mission is to not only build confident speakers but to nurture individuals who inspire, lead, and create meaningful change in the world. This book is a step forward in that mission, and I hope it serves as a valuable tool for every parent striving to support their child's growth. Together, let's raise a generation that speaks with courage and purpose!

INTRODUCTION

Behind every confident speaker is someone who believed in their voice—be that person for your child.

DEAR PARENTS,

Welcome to an incredible journey of transformation for your child! Public speaking is not just about standing on a stage; it's about unlocking their inner confidence, empowering them to express their ideas, and preparing them to inspire others.

In this 7-day guide, your child will:

- **Build self-belief** to speak fearlessly.
- **Discover their unique voice** and learn how to use it with impact.
- **Develop essential life skills** like communication, creativity, and leadership.

This program is designed to be simple, engaging, and full of activities that make learning fun. With every page, your child will grow braver, more expressive, and ready to take on the world—one speech at a time.

Let's empower them to bloom into the leaders they are meant to be!

DAY I

UNLOCKING YOUR CHILD'S SECRET SUPERPOWER – THEIR VOICE

Goal

Help your child feel comfortable using their voice.

Why It Matters

Your child's voice is their superpower. Helping them discover it is the first step to confident public speaking.



Activities for Parents and Kids

1. Mirror Introductions

Stand with your child in front of a mirror and take turns introducing yourselves:

- Name.
 - Favorite activity.
 - One thing that makes you happy.
- Example: "Hi, I'm Aryan. I love cricket, and I feel happy when I score runs for my team!"
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2. Tongue Twisters Challenge

Say these together and see who can do it better:

- "She sells seashells by the seashore."
- "How much wood would a woodchuck chuck if a woodchuck could chuck wood?"
- "Red Truck, Yellow Truck."

Reflection Activity for children:

How did it feel to hear your own voice out loud today?

Which activity made you feel most comfortable speaking?

Write or Share:

Write one sentence describing how your voice makes you feel.

DAY II

TURNING NERVOUS ENERGY INTO SUPERCHARGED CONFIDENCE

Goal

Help your child overcome stage fright.

Why It Matters

Nervousness is normal, but confidence comes with practice. Empower your child with simple techniques.



Activities for Parents and Kids

1. Superhero Pose Together

- Stand tall,
- Hands on your hips,
- Chest out,
- Smile.

Hold this pose for 2 minutes before your child speaks. Discuss how it feels afterward.

2. Audience of One

1. Choose a Toy: Let your child pick their favorite stuffed animal or toy as their "audience."
2. Pick a Story: Ask them to share a fun story, real or imagined, with their toy.
3. Start Speaking: Encourage them to look at the toy, speak clearly, and add expressions.
4. Celebrate: Praise their effort to build confidence!

Reflection Activity for children:

What helped you feel braver while speaking today?

Did the superhero pose make a difference?

Write or Share:

Write one word that describes how you felt after today's activities.

DAY III

BUILDING STORIES THAT SHINE – THE ART OF SIMPLE SPEECHES

Goal

Teach your child to create short, organized speeches.

Why It Matters

A good speech is like a good story – it has a beginning, middle, and end.



Activities for Parents and Kids

1. Work together to create a speech about their favorite activity in 3 steps

- a. Beginning: “I love baking cookies.”
 - b. Middle: “I mix the dough and add chocolate chips. It’s so much fun!”
 - c. End: “Baking makes me happy because I get to eat yummy cookies!”
-

2. Help them practice saying their speech out loud while you act as the audience.

Pro Tip For Parents

Encourage your child to use simple words and make the speech short to keep it fun.

Reflection Activity for children:

What did you enjoy most about creating your speech?

What was the most challenging part, and how did you handle it?

Write or Share:

List one thing you learned about organizing your ideas.

DAY IV

BRINGING WORDS TO LIFE – ENERGIZING THEIR VOICE

Goal

Teach your child to make their voice lively and expressive.



Why It Matters

An engaging voice keeps the audience interested and makes the speech memorable.

Activities for Parents and Kids

1. Volume Game

Ask your child to say their speech

- a. Softly,
 - b. Loudly, and
 - c. Discuss when it sounds best.
-

2. Emotion Practice

Pick a simple phrase like, “I love pizza!” and have them say it :

- a. Happily,
- b. Sadly, and
- c. Excitedly.

Fun Fact:

Tell your child their voice is like music — it can be soft, loud, high, or low to match emotions.

Reflection Activity for children:

How did changing your voice (loud, soft, happy, excited) feel during practice?

Which emotion was easiest for you to express?

Write or Share:

Write down one way you'll make your voice more exciting in your next speech.

DAY V

SPEAKING WITHOUT WORDS – MASTERING BODY LANGUAGE

Goal

Teach your child to use gestures, posture, and expressions while speaking.



Why It Matters

Body language adds life to words and helps speakers connect with their audience.

Activities for Parents and Kids

1. Mirror Practice

Watch how your child moves when they speak.

Encourage :

Smiles,

Open hands,

and Eye contact.

2. Audience of One

Ask your child to explain something.

(e.g., the size of their school bag)
using gestures.

Pro Tip for Parents:

Record a video of your child practicing and watch it together. Celebrate their progress!

Reflection Activity for children:

What gestures or movements did you enjoy using today?

How did watching yourself in the mirror help?

Write or Share:

Describe one new way you'll use your hands or face while speaking.

DAY VI

MAKING MAGIC HAPPEN – HOW TO CAPTIVATE AN AUDIENCE

Goal

Teach your child to engage their audience.

Why It Matters

Public speaking is about building a connection, not just delivering words.



Activities for Parents and Kids

1. Eye Contact Practice

1. Gather family members in a comfortable setting.
 2. Have your child speak to each family member one at a time.
 3. Encourage them to maintain eye contact while speaking.
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2. Interactive Speaking

1. Choose a family gathering or dinner time for this activity.
2. Ask your child to prepare a question, like “What’s your favorite hobby?”
3. Encourage them to ask the question to different family members and listen to their responses.

Reflection Activity for children:

How did you feel when pretending to connect with an audience?

What was the easiest way for you to engage with them (smiling, asking questions, eye contact)?

Write or Share:

Write one thing you'll do to make your audience feel special.



DAY VII

LIGHTS, CAMERA, CONFIDENCE – YOUR CHILD’S BIG DEBUT!

Goal

Help your child deliver their first full speech confidently.



Activities for Parents and Kids

1. Dress the Part

Let your child wear their favorite outfit and set up a “stage” at home.

2. Performance

Invite family members to be the audience. Cheer for them as they speak.

3. Feedback

Guide your family to give positive feedback on what they loved about the speech.

Reflection Activity for children:

How did you feel performing your first speech?

What feedback did your audience give you, and how will you use it?

Write or Share:

Write one thing you're proud of about today's performance.

BONUS SECTION: TIPS FOR PARENTS

1. Encourage Regular Practice

Look for opportunities for your child to speak, like school events or family gatherings.

2. Create a Supportive Environment

Celebrate small wins and remind them that mistakes are a part of learning.

3. Be a Role Model

Show confidence when you speak—it'll inspire your child to do the same.

CONCLUSION

As we conclude this 7-day journey towards boosting your child's public speaking skills, remember that the confidence they've developed is just the beginning. By nurturing their voice, teaching them to express themselves clearly, and encouraging engagement, you've set the foundation for a lifelong skill that can open doors to many opportunities. Each activity was designed not only to enhance their public speaking abilities but also to cultivate trust in themselves. Celebrate their progress, no matter how small, and continue reinforcing the positive experiences they've gained throughout this journey.

If you're interested in further enhancing your child's confidence and public speaking skills, we offer live classes tailored to their needs. Feel free to reach out to us via WhatsApp at +91 9515133055 to learn more about our programs and how we can support your child on their journey to becoming an even more confident speaker. Thank you for being a dedicated partner in this important phase of your child's development!