

# PERSONALITY DEVELOPMENT PROGRAM FOR KIDS

10 DAYS PROGRAM OF 2 HRS EACH

Total of 20 SESSIONS

DATE : Apr 7, 2025 to Apr 30th, 2025

Days : Mondays, Wednesdays and Fridays

- Certifications
- Handouts
- Highly activity Oriented sessions

**Batch 1**

8 yrs to 10 yrs

TIME : 10AM TO 12PM

**Batch 2**

11 yrs to 15 yrs

TIME : 3PM TO 5PM



# TOPICS :

## Day 1: Introduction to Public Speaking

- Icebreaker games to help kids feel comfortable
- Introduction to public speaking and its importance
- Setting goals and expectations for the program
- Creating a safe and supportive environment for kids to share their thoughts and ideas

## Day 2: Building Confidence

- Confidence-building exercises and games
- Understanding the importance of self-confidence in public speaking
- Creating a positive self-image
- Practicing positive affirmations and self-talk

## Day 3: Voice Modulation and Projection

- Understanding the importance of voice modulation and projection
- Exercises to improve vocal clarity and strength
- Practicing vocal inflections and tone
- Recording and listening to their own voice to identify areas for improvement

## Day 4: Body Language and Non-Verbal Communication

- Understanding the importance of body language and non-verbal communication
- Practicing positive body language and facial expressions
- Understanding cultural differences in non-verbal communication
- Role-playing exercises to practice using positive body language

## Day 5: Storytelling and Narrative Techniques

- Introduction to storytelling and narrative techniques
- Practicing storytelling through games and exercises
- Understanding the importance of storytelling in public speaking
- Creating a personal story to share with the group



## Day 6: Debate and Discussion

- Introduction to debate and discussion techniques
- Practicing debate and discussion through games and exercises
- Understanding the importance of critical thinking and argumentation
- Researching and preparing for a debate on a current topic

## Day 7: Overcoming Stage Fright and Fear of Public Speaking

- Understanding the causes and symptoms of stage fright and fear of public speaking
- Strategies for overcoming stage fright and fear of public speaking
- Practicing relaxation techniques and positive self-talk
- Creating a pre-speaking routine to help manage nerves

## Day 8: Creating Engaging Presentations

- Introduction to creating engaging presentations
- Practicing presentation skills through games and exercises
- Understanding the importance of visual aids and props
- Creating a presentation on a topic of their choice

## Day 9: Handling Questions and Answers

- Introduction to handling questions and answers
- Practicing Q&A sessions through games and exercises
- Understanding the importance of thinking on your feet
- Creating a list of potential questions and answers for their presentation

## Day 10: Leadership and Teamwork

- Introduction to leadership and teamwork
- Practicing leadership and teamwork skills through games and exercises
- Understanding the importance of collaboration and communication
- Working in teams to complete a challenge or project



## Day 11: Personal Branding and Self-Promotion

- Introduction to personal branding and self-promotion
- Practicing personal branding and self-promotion through games and exercises
- Understanding the importance of self-promotion in achieving goals
- Creating a personal brand statement and elevator pitch

## Day 12: Final Presentations and Graduation

- Final presentations by participants
- Graduation ceremony and certificate distribution
- Feedback and evaluation of the program

**BATCH 1: 4000/- + gst**

**BATCH 2: 5000/- + gst**

