



I Can Build My Brave!

Brick-Tastic Brave Day Public Speaking Calm Journal



My voice can be brave
one brick at a time.



This journal belongs to:

My speaking topic:-----

Read, check, draw, and write.

You can do one page or one brave brick at a time.



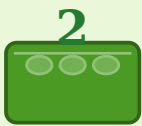
How To Use This Journal

Build calm before you speak.



Pick a page.

Start anywhere. A small step counts.



Read the prompt.

Check a box, draw, or write your answer.



Practice once.

Use your breath, your feet, and your calm thought.

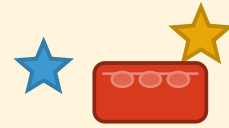


Give yourself credit.

Brave does not mean perfect. Brave means trying.



My first brave brick today is:



My Speaking Mission

I can build my plan before I speak.



I will talk about:



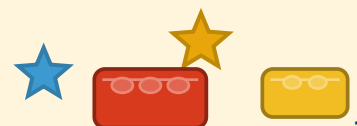
I will speak to:



The place is:



My brave goal is:



My Brave Check-In Page

When I feel nervous and excited, I can pause.



My body feels:



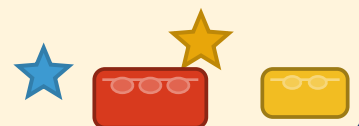
My worry says:



A grown-up can help me by:



My brave thought:



I Can...

Choose tools for public speaking calm.



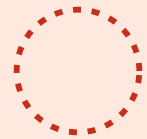
I can try.



I can breathe in blue.



I can breathe out red.



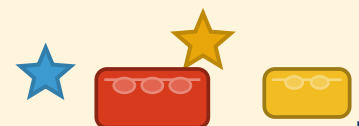
I can stack calm thoughts.



I can look at a friendly face.



I can start with one small sentence.



Brick Breathing Practice Plan

When worries start to shout, I can try:

☐

1. Pick up one brick slowly

☐

2. Breathe in blue

☐

3. Breathe out red

☐

4. Click, click, click

☐

5. Feel my feet on the floor

☐

6. Stack a calm thought

☐

7. Build one small brave step

My calm thought is:



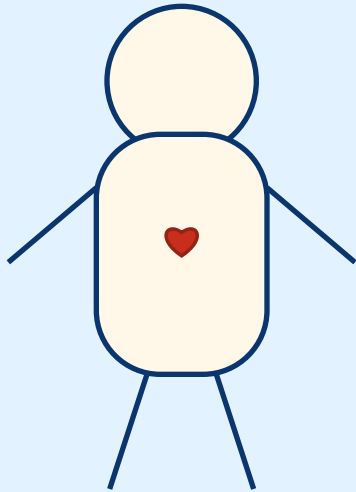


I will use brick breathing when:

My Speaker Body Map

My body can feel nervous and still be safe.

Draw or color where you feel it.



Check what you notice:

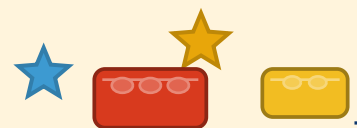
- ☐ fast heart
- ☐ wiggly hands
- ☐ hot face
- ☐ butterfly belly
- ☐ quiet voice
- ☐ busy thoughts



My body is trying to help me by:



One calm thing my body can do:



Worry Brick Sorter

I can turn worry bricks into helper bricks.

Worry bricks



My worry says:



Helper bricks



My helper says:



My worry says:





My helper says:



My worry says:



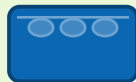


My helper says:

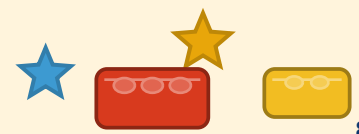


My worry says:





My helper says:



Stack Calm Thoughts

Calm thoughts are bricks for my brave voice.

Brick 1

I practiced...

Brick 2

I know about...

Brick 3

I can pause and...

Brick 4

My voice can...

Brick 5

It is okay if...

Brick 6

After I speak, I can...



My favorite calm thought to say before I speak:

Build My Talk

Make your speech with idea bricks.



My topic title:



My opening sentence:

Three idea bricks I will share:



My idea:



My idea:



My idea:



My closing sentence:

Tiny Talk Practice Ladder

A tiny step is still a brave step.



Step 6: Share with my group or class. ☐

Step 5: Practice with two or three people. ☐

Step 4: Tell one friend or sibling. ☐

Step 3: Read one sentence to a grown-up. ☐

Step 2: Whisper it to myself. ☐

Step 1: Say it to a stuffed animal or brick build. ☐

The first step I will try today is:



Voice Builder Practice

I can use a clear, calm speaker voice.

My voice volume:

Circle the voice that fits your speaking place.



whisper



table voice



speaker voice

My pace practice:



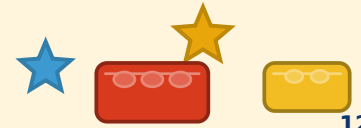
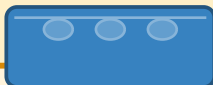
Touch one stud for each word. Slow is strong.



Tap the circles as you say one sentence.

Practice tally:

Color a brick each time you practice your talk.



Calm Hands And Feet Plan

My hands can:

- ☐ hold my note card
- ☐ touch thumb to finger
- ☐ rest on the podium
- ☐ hold one small brick
- ☐ make gentle gestures



My feet can:

- ☐ stand like two strong bricks
- ☐ feel the floor
- ☐ take one quiet step
- ☐ point toward my audience



During my talk, I will use:



Audience Helper Plan

The audience can be part of my brave build.



A friendly face I can look at:



A safe spot I can look at:

If the audience does something, I can remember:



Someone coughs:

They may just need to cough.



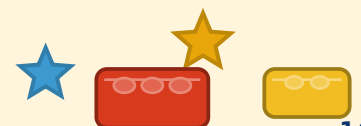
Someone looks away:

They may still be listening.



Someone smiles:

My words are being heard.



My Oops Brick Plan

Mistakes are not the end of my talk.

My try-again words:

"Let me try that again."

Practice saying it with a calm voice.



If I forget a word...

I can pause, breathe, and look at my notes.



If my voice shakes...

I can slow down and touch my feet to the floor.



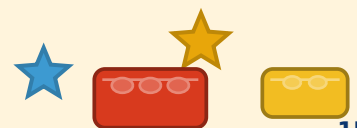
If I skip a part...

I can keep going or say my try-again words.



If I feel stuck...

I can take one brick breath and start with one sentence.



Speaking Day Checklist

I can build calm before, during, and after.



Before I speak

- ☐ pack my note card
- ☐ drink water
- ☐ do brick breathing
- ☐ say my calm thought



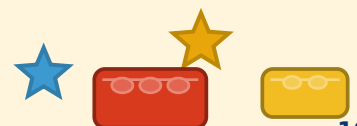
During my talk

- ☐ stand like strong bricks
- ☐ look at a helper spot
- ☐ use speaker voice
- ☐ pause if I need to



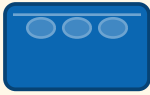
After I speak

- ☐ take a breath
- ☐ say 'I did it'
- ☐ thank my audience
- ☐ color a brave badge



My Brave Speech Card

Use this card when you practice or present.



My talk title:

Opening: -----



Idea 1



Idea 2



Idea 3

Calm thought:-----

Closing: -----



After I Spoke Celebration

I built my brave one brick at a time.



I am proud that I:



One thing that helped me stay calm:



Next time I want to try:

Color your brave builder badges:



I tried



I breathed



I paused



I kept going

Brave Builder Certificate

This brave builder used calm tools for public speaking.

Name: ----- Date: -----

