



15-MINUTE AT-HOME SPEAKING BLUEPRINT

Help Your Child Build Confidence, Communication Skills, and Public Speaking Ability in Just 15 Minutes a Day



"Created by educators with 9+ years of experience helping students become confident speakers."

The Daily 15-Minute Speaking Formula

Building communication confidence does not require hours of boring drills. By spending just 15 minutes a day using this play-way structured formula, you can help your child defeat stage fright and structure their thoughts naturally.

⇒ Section 1: 3-Minute Warm-Up

3 Mins

- **Tongue Twisters:** Speed-run classic tongue twisters (e.g., "She sells seashells...") to loosen the vocal muscles and improve enunciation.
- **Voice Projection:** Practice the "Volume Slider" game. Whisper, speak normally, then throw your voice across the room without shouting.
- **Vocal Expression:** Read a simple sentence using different emotions (excited, sad, robotic, surprised) to build speech dynamics.

🎤 Section 2: 5-Minute Speaking Activity

5 Mins

- **Show & Tell with a Twist:** Pick a random object and describe it to the family as if it is a rare, multi-million dollar ancient treasure.
- **One-Minute Impromptu:** Pick a simple noun (e.g., "Bananas" or "Socks") and try to speak about it continuously for 60 seconds.
- **Collaborative Storytelling:** Build a story in turns. One member says, "Fortunately, we landed...", and the next says, "Unfortunately..."

🎯 Section 3: 5-Minute Confidence Practice

5 Mins

- **Mirror Mirror:** Have your child stand before a mirror, practice strong eye contact, and explain a topic using wide physical gestures.
- **Family Interview:** Act as a news reporter, interviewing siblings or parents about their day using a mock microphone.
- **Explain Your Day:** Present the highlight of the day in a structured three-sentence format (Introduction, Details, Conclusion).

🎯 Section 4: 2-Minute Reflection

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- **What did you enjoy today?** Focus on positive feedback to reinforce speaking as a fun experience.
- **What was challenging?** Identify specific roadblocks (e.g., filler words, speed) without

Parent Success Checklist

Monitor your child's micro-progress across these 5 developmental indicators. Do not expect overnight miracles; look for consistency in daily habits.

- My child speaks for 1 minute continuously without stopping or using excessive filler words.
- My child maintains steady eye contact with family members while sharing an opinion.
- My child speaks loudly, clearly, and enunciates punctuation marks with breathing pauses.
- My child shares their opinion on daily matters confidently without looking down or fidgeting.
- My child participates actively in dinner table conversations and responds to unexpected questions.

"Small daily improvements create confident speakers."

⚠️ Common Mistakes Parents Make

- **Correcting every minor mistake:** Interrupting your child mid-speech to correct grammar or pronunciation kills their flow and spikes cortisol.
- **Interrupting frequently:** Let them complete their sentences even if they hesitate. Interruption signals that their thoughts aren't valued.
- **Comparing children:** Comparing a quiet child to a louder sibling creates resentment and deepens social withdrawal.
- **Focusing only on grammar:** Rhetorical structure, body language, and confidence are 90% of communication. Grammar can be polished later.

How VFF Helps Students Become Confident Speakers



Public Speaking Training

Weekly group classes to master structure, projection, and hooks.



Confidence Building

Play-way methods to replace stage anxiety with speaking excitement.



Communication Skills

Improving eye contact, posture, body language, and active listening.



Personalized Growth Roadmap

Individualized feedback loop focusing on quiet child development.

ABOUT SIMRAN BAGWAN



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9+ years of teaching experience. Incubated under Symbiosis Launchpad 30 startup incubator. Helped hundreds of students improve their confidence and communication skills.

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Get a comprehensive evaluation of your child's communication skills by our expert mentors.

- ✓ Confidence Evaluation
- ✓ Growth Improvement Plan
- ✓ Recommended Path
- ✓ Actionable Parent Tips

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