



MRS. MCDONOUGH'S MUSIC NOTES

Public Speaking

May 2018

The school year is almost finished, and we're preparing for a big finale! *Our Summer Celebration program will be held Wednesday, May 16, at 10:30 in the Parish Hall. Parents and extended family members are all invited!*

Performing in front of an audience is a lot like **public speaking**; there are some big emotions that come with having lots of people watching you! It's very common for children this age (and even some adults) to feel overwhelmed by being the focus of attention for an audience. The best way to feel confident in front of a crowd is through preparation. Your child has been practicing the program songs in music class since April in order to be well prepared for our audience. If your child smiles and sings along, that's great! If your child becomes upset during the program, don't be discouraged. It probably means she's still trying to regulate her anxiety, and with time performing will become easier.