TED WORKSHOP　YOUR VOICE, YOUR IDEA!

PAGE 1 DISCOVER & CHOOSE 發現想法、選擇主題

1 TED: Ideas Worth Sharing TED 重點筆記

TED stands for: T_____ E_____ D_____

One thing I learned about TED / TEDx / TED-Ed 今天學到的一件事：

_____

_____

2 Choose Your Topic 選擇你的演講主題

☐ My Hometown, My Pride ☐ A Day in My Life ☐ Our Ocean, Our Future

☐ The Power of Kindness ☐ The Real Me ☐ One Small Change

Why did you choose this topic? 為什麼選擇這個主題？

_____

_____

3 Find One Powerful Idea 找出你的核心想法

My topic is about... 我的主題是：

_____

I want my audience to understand... 我希望聽眾了解：

_____

_____

A real example or personal experience I can share 真實例子或個人經驗：

_____

_____

_____

My message in ONE sentence 用一句話說出核心訊息：

_____

_____

_____

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PAGE 2 PREPARE & PRESENT 演講準備與表達

4 Be Real, Not Fake 真實且可信

☐ My story is honest. ☐ My facts are checked. ☐ I use my own words.

What fact or example should I check before speaking? 哪項資訊需要查證？

_____

_____

5 Body Language & Voice 肢體語言與聲音

BODY LANGUAGE 肢體語言	VOICE 聲音
☐ Eye contact 眼神交流 ☐ Natural gestures 自然手勢 ☐ Good posture 良好站姿 ☐ Facial expression 表情	☐ Clear volume 清楚音量 ☐ Good pace 適當語速 ☐ Pauses 適時停頓 ☐ Expression 語氣變化

My speaking goal today 我今天最想改善的是：

_____

6 Simple Slides, Strong Message 簡報簡潔有力

☐ One main idea per slide ☐ Few words ☐ Clear visuals ☐ Minimal effects

Sketch ONE simple slide for your talk. 畫出一張簡單的演講投影片：

7 Connect to the SDGs 連結永續發展目標（選填）

Does an SDG naturally connect to my idea? 我的主題是否自然連結某項 SDG？

☐ Yes: SDG # _____ Goal: _____ ☐ Not necessary

How does it connect? 如何連結？

_____

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PAGE 3 SPEAK & REFLECT 即席演講與反思

8 My One-Minute Speech 我的 1 分鐘演講

10 sec HOOK 開場吸引注意	A question or surprising statement:
20 sec IDEA 核心想法	My main point:
20 sec STORY / EXAMPLE 故事例子	A true experience or example:
10 sec MESSAGE 結尾訊息	What I want people to remember:

9 Group Discussion Notes 小組討論筆記

One interesting idea from my group 小組中一個有趣的想法：

_____

10 Peer Feedback 同儕回饋

Speaker 演講者：_____ ☐ Clear idea ☐ Authentic story ☐ Good voice ☐ Eye contact

One thing they did well 一項優點：

_____

One helpful suggestion 一項建議：

_____

11 My Reflection 我的學習反思

Today I learned... 今天我學到：

_____

Next time I will... 下次我會：

_____

_____

REMEMBER: Your voice matters. One idea can make a difference.