

Anxiety Monsters Arts Core Activity

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Click [here](#) to be brought to the handout about speaking anxiety.

Click [here](#) to be brought to the Canva presentation.

The Standards Addressed:

UWS12A34: Develop and deliver presentations to convey information and ideas in a logical fashion.

UWS12A39: Use feedback and self-evaluation to improve oral communication.

UWS12A53: Know sources of interference & how those interferences affect communication.

The Process: (Format is project based)

I use this project at the beginning of my speech class to try to help students' work on their speaking anxiety.

Day One:

1. I start with the speaking anxiety handout and go over the causes, impacts, and some solutions
2. Go over the [anxiety monster slideshow](#) (also linked in Canva presentation)
3. Draw anxiety monster, name it, write what it does and how to combat it.

Day Two:

1. Go over the [clay techniques slideshow](#) (also linked in Canva presentation)
2. Create the monster out of clay, based off the drawn picture.

Day Three:

1. Students paint their clay creations
2. Students share their creations with a small group

Day Four:

1. Students present their pictures and clay creations with the class.
2. Students discuss what their monster does and how they will defeat it throughout the semester.

Follow-Up at End of Semester:

1. Students write a [reflection](#) about how they defeated their monsters throughout the semester.
2. Students "destroy" their monsters (to show they metaphorically destroyed their anxiety)