

Name: _____ Date: _____

Speech Delivery Techniques

Inflection Techniques

Type of Inflection and Symbol	What It Sounds Like	When to Use It and Example	What It Signals to the Audience
Rising Inflection ↗	Your voice goes up at the end	<ul style="list-style-type: none"> Asking a question: "Have you ever felt invisible? ↗" Build suspense: "I thought I knew what I was doing . . . ↗" List ideas (rise on all but the last one): "We need focus ↗, effort ↗, and resilience ↘." Show curiosity or wonder: "What if we've been looking at this all wrong? ↗" Invite the audience to think with you: " Maybe the real problem isn't laziness ↗. . ." 	"Think about this." "Keep listening." "There's more coming."
Falling Inflection ↘	Your voice goes down at the end	<ul style="list-style-type: none"> State a strong claim: "This needs to change. ↘" Deliver an important fact: "79% of teens report having at least one adult in their life who makes a positive difference." Make your main point clear: "Creativity helps people heal ↘" Give a call to action: "Start today. ↘" Finish a thought or list: "Courage, commitment, and compassion. ↘" 	"This matters." "This is certain."
Emphatic Inflection (bold)	Stressing one word more than others	<ul style="list-style-type: none"> Highlight an important word or phrase: "This is about choice." Show strong emotion: "I was terrified." Create contrast: "It's not about being perfect—it's about being persistent." Make a message memorable: "Just one action can make a difference." 	"Pay attention to this word."

Pacing Techniques

Type of Pacing and Symbol	When to Use It and Example
Speed Up [FAST]. . .[/FAST]	<ul style="list-style-type: none"> ● To show excitement ● To create energy ● To move quickly through less important details
Slow down [SLOW]. . .[/SLOW]	<ul style="list-style-type: none"> ● To highlight an important idea ● To show seriousness
Pause //	<ul style="list-style-type: none"> ● To let an important idea sink in ● To create suspense ● After the punchline of a joke ● To transition to a new idea

Annotation Symbols

- ↗ = rising inflection
- ↘ = falling inflection
- **bold** = emphasize key words or phrases
- [FAST]. . .[/FAST] = words or sentences that should be read quickly; the slash in the closing bracket marks the end of the section to be delivered at a faster pace
- [SLOW]. . .[/SLOW] = words or sentences read slowly; the slash in the closing bracket marks the end of the section to be delivered at a slower pace
- // = pause before the word or sentence

Inflection and Pacing Example

Most of us spend hours consuming content every day ↘. [FAST] We scroll. We watch. We absorb. [/FAST] // But we rarely **create**. What if, instead of numbing our stress, we processed it ↗? // Start by creating one thing each week ↘. [FAST] It doesn't have to be good ↗. It doesn't have to be shared ↗. It doesn't have to go viral ↗. [FAST] It just has to exist. ↘ The goal isn't perfection, it's expression. We can't eliminate stress from our lives, but we can choose how we respond to it ↘. // [SLOW]**Create one thing a week**[/SLOW], and give your emotions somewhere to land ↘.