



QUESTION CORNER

I get really nervous whenever it's my turn to give a talk in church. What are some things I can do to not feel so scared next time?



My brother Owen and I were both nervous when it was our turn to give talks in church. We decided to practice with our parents every night before bed. We set up a hockey stick as the microphone. We both gave our talks at church and felt happy.

Jett O., age 5, Alberta, Canada



You could make friends with more people in your class so you won't be scared to give your talk in front of your friends.

Jake J., age 5, Arizona, USA



You can pretend no one is there and you're speaking to an empty room. You could also practice with your family beforehand. Or, if someone you are comfortable with is in the room, you can focus mainly on them and tune out the others.

Adelle R., age 11, Utah, USA



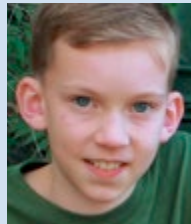
You can pray to Heavenly Father to help give you guidance and peace before your talk. Make sure you practice your talk over and over again so you feel comfortable while speaking.

Dean, Lauren, Paige, and Tyler T., ages 9, 8, 7, and 4, California, USA



As soon as you get home from church, you can start working on your talk! Try looking through Church magazines for talks on the same subject. Most of all, if you feel the Holy Ghost giving you an idea of what to do, do it!

Annie H., age 10, Maryland, USA



Recently I gave my first talk in sacrament meeting, and I was scared. Some things that helped me overcome my fears were practicing my talk at home until I felt confident and praying to ask Heavenly Father to help me be happy and calm. My parents reminded me that everyone in the crowd wanted me to do well. That helped me feel better.

Dallin C., age 12, Texas, USA



Before you get up to give your talk, you can say a prayer in your mind and heart. That has always worked for me.

Savannah R., age 9, Hawaii, USA

Responses are intended for help and perspective, not as pronouncements of Church doctrine.

NEXT QUESTION

How do I know if something is appropriate to do on Sunday?

Do you have some advice about this? Send us your answer and photo by June 30, 2014. Find our address on page 48 or email us at friend@ldschurch.org. (Put "Question Corner" in the subject line.) Remember to include a parent's permission!