



THOUGHT/JOKE OF THE DAY ROLE DESCRIPTION

First, you need to decide whether you would like to present **Thought of the Day** or **Joke of the Day**.

The Toastmaster will call you at the beginning of the meeting to present your thought/joke. Time limits for Thought of the Day are **2-3 min**, for Joke of the Day **1-2 min**.

Thought/joke of the day is a perfect opportunity to practice your public speaking skills. Make sure you put some effort into practicing it and rehearsing so that you can present without reading from your notes. Try adding your vocal variety and body language skills to enhance your story line and lead to your punch-line effectively.

It is preferable if the thought or joke is based on your personal experience, avoid using the internet jokes. The thought or joke must be of good taste and should set the mood of the audience! It is advisable, though not compulsory, to select the thought/joke according to theme of the meeting. The theme is typically announced a couple of days before the meeting and is sent out by email by Toastmaster of the evening.

When you choose your thought or joke, pay attention to Toastmasters club rules, which state that we do not discuss any themes which can result in polemics or debates among the club members and guests either during the meeting or after it. Therefore, we kindly ask you to choose a theme which is not related to:

- Politics or any current critical political issues
- Religion or any current critical religious issues
- Gender discrimination (sexism)
- Racial problems
- LGBT social movements
- Any other issues that could hurt our members' feelings or cause serious arguments

We wish you best of luck!