

Harmony Tree International Speech Festival (HTISF)
2025-2026 Set Pieces for Asia Division

FINAL

Verse Speaking
Born in 2010-2011

Choice A

Give Yourself a Hug

by Grace Nichols

Give yourself a hug
when you feel unloved

Give yourself a hug
when people put on airs
to make you feel a bug

Give yourself a hug
When everyone seems to give you
a cold-shoulder shrug

Give yourself a hug —
a big big hug

And keep on singing
‘Only one in a million like me
Only one in a million-billion-trillion-zillion
like me.’



Harmony Tree International Speech Festival (HTISF)
2025-2026 Set Pieces for Asia Division

FINAL

Verse Speaking
Born in 2010-2011

Choice B

The One who Invented Trick or Treat

by Shel Silverstein

Yes, I invented “trick or treat”
So you could fill your mouth with sweets —
Candy bars and lemon drops,
Marshmallows and Tootsie Pops,
Butterscotch and bubble gum.

Hold out your hand — they’ll give you some
Chocolate kisses, Jujubes,
Sourballs and jelly beans.
Have a cake — some cookies too.
Take a couple — grab a few
Peppermint sticks and Mary Janes,
Licorice whips and candy canes.

Slurp some soda, munch a pie,
Don’t let those M&M’s go by,
Chew that toffee, munch those treats,
Get that caramel in your teeth.

Then come see me, I’ll be here —
I’m your friendly dentist, dear.