



Shyness

1 What do you think the bird in the picture on pages 42 to 43 of the EMOTIONARY is thinking? Write his thoughts below.



2 Find six words in the word search that are illustrated in the picture on pages 42 to 43 of the EMOTIONARY. Write them in the spaces next to the wordsearch.

N	F	J	R	K	T	T	R
O	O	M	C	O	I	R	E
O	B	A	P	U	C	E	W
P	V	A	C	U	A	C	O
S	E	S	P	N	B	U	L
T	I	X	O	W	T	A	F
B	E	C	X	D	X	S	E
Y	H	Y	Z	X	J	F	C

3 Match the expressions from the text on page 42 of the EMOTIONARY with the expressions that mean the opposite.

- | | |
|-----------------------|-----------------------|
| ● to behave naturally | to stand out |
| ● to stay still | to feel uncomfortable |
| ● not to be noticed | to act strangely |
| ● to feel at ease | to move around |

4 Say if the person highlighted in each sentence is a **stranger (S)**, **untrustworthy (U)** o **threatening (T)**.

- Laura has never seen **James** before.
 - Sebastian** has stolen things from his local supermarket on several occasions.
 - Our new neighbour, who we haven't met yet, is called **Li**.
 - Elliot** has said he is going to play a bad joke on me.
 - Jack** never keeps his promises.
 - Nadia is worried that **Olivia** and **Sarah** will rip up her drawing.
- Do you know anybody like these people? Who are they?

5 Write the word in the text on page 42 of the EMOTIONARY that means 'moving or doing things in an awkward way'.

6

Read what happened to Evie and answer the questions.

Evie

On Monday we gave a concert for our parents in Music class. I played the violin. I was supposed to sit in the first row, but I slipped into the back one when we were all getting into our places. I didn't want anyone to see me. I didn't feel at ease on stage and I was too hot. I wasn't getting into the music at all and I was struggling to follow the score. Then, my fingers stiffened and I couldn't play properly. In the end, I stopped playing altogether and stood silently, holding my violin in my hand, until the end of the concert.

● How did Evie try to go unnoticed?

● Could Evie play well? Why? / Why not?

● Was Evie comfortable? How can you tell?

● Did Evie get stuck? What happened?

● What did she do after that?

7 Read what Chandni and Chris say, then answer the questions.

Chandni

Yesterday I took part in a talent show at school. Everybody had to do something they were good at. I demonstrated my skills with a football: I kept it in the air for two minutes, without it touching the ground even once. Whilst I was backstage I was a bit nervous, but as soon as I saw the audience, I knew I was going to do it brilliantly.

Chris

Yesterday my mum and I went to visit my auntie Irene who lives in a care home. My auntie gave me some sweets. All my auntie's friends were talking to me at the same time and asking me questions. They seemed very nice, but I didn't know what to say. All I wanted to do was to get out of there.

● Who seems shy?

● Do you think you would have felt the same way? What about in the other situation?

● What do you think you can do to overcome shyness?

8 Tick the things that you have done when you have been experiencing **shyness**.

- Hide behind my mum or dad.
- Refuse to answer questions.
- Run away.
- Start crying.
- Start laughing.
- What other things do you do when you are shy?

Why do you behave in this way?

In what situations do you behave like this?

What is it that makes you feel uncomfortable in these situations?
