



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)** or **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?



Shyness

NOTES

[illegible]

The EMOTIONARY worksheets belong to the *Say What You Feel* series. For more information on the series, further worksheets and other supplementary materials, please go to www.emotionary.eu