

1 Match the verbs below with the definitions.

gasp scream shake shiver sweat yawn

- 1 breathe in suddenly and loudly because you're surprised or in pain gasp
- 2 produce liquid on the surface of your skin because you're hot or nervous _____
- 3 when part, or all, of your body moves quickly because you're afraid or cold _____ / _____
- 4 make a loud, high noise because you're afraid or hurt _____
- 5 open your mouth wide and breathe in because you're tired or bored _____

2 Complete Antje's description of a personal challenge with phrases a-f.

- a One day I heard about a school talent show
- b I've always loved
- c The experience boosted
- d When I arrived at
- e The problem is,
- f At the beginning, it was difficult

My first performance

by Antje Fischer

I've always loved

singing and I sing whenever I can at home –

usually in the shower! ² _____ I've always hated the thought of singing in public or even in front of my closest friends. The thought of it makes me feel really anxious. ³ _____, however, and I decided to give it a go.

⁴ _____ the contest, I walked onto the stage and I was terrified. My hands were shaking and I could hardly hold the microphone. When the music started, I was shivering all over, but I began to sing the first few words. ⁵ _____, but gradually I started to calm down and sing normally. I actually loved it and by the end, I wanted to scream with joy!

I didn't win the contest but people said I sang well.

⁶ _____ my confidence about my singing and now I'm thinking about joining a band.



3 Match 1-6 with a-f to make sentences.

- 1 ☒ d I first realised I had a problem
 - 2 ☐ Soon after that
 - 3 ☐ So I decided to give
 - 4 ☐ Suddenly, somebody
 - 5 ☐ That day I learnt
 - 6 ☐ Now I'm not afraid
- a of heights any more.
 - b screamed!
 - c something important about myself.
 - d when I went climbing with a friend.
 - e I heard someone shout, 'Come on, Dan!'
 - f it a go.

4 Complete Toby's notes about a personal challenge he did with phrases a-e.

- a he told me to look at the distance, not the water
- b always been afraid of water
- c feel more confident on the water now
- d realised when I travelled by ferry as a child
- e nervous at first, shivering and sweating

Sailing a boat

Background

- ¹ always been afraid of water
- ² _____
- uncle has a boat, invited us to go sailing

What happened

- ³ _____
- suddenly, my uncle gave me the controls
- ⁴ _____
- slowly felt more confident

How I felt after the challenge

- loved it
- want to do it again
- ⁵ _____