

### 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! <sup>2</sup> 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. <sup>3</sup> , however, and I decided to give it a go.

<sup>4</sup> 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. <sup>5</sup> , 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. <sup>6</sup> my confidence about my singing and now I'm thinking about joining a band.

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

- d** I first realised I had a problem
- Soon after that**
- So I decided to give**
- Suddenly, somebody**
- That day I learnt**
- 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

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## Sailing a boat

### Background

- <sup>1</sup> always been afraid of water
- <sup>2</sup> \_\_\_\_\_
- uncle has a boat, invited us to go sailing

### What happened

- <sup>3</sup> \_\_\_\_\_
- suddenly, my uncle gave me the controls
- <sup>4</sup> \_\_\_\_\_
- slowly felt more confident

### How I felt after the challenge

- loved it
- want to do it again
- <sup>5</sup> \_\_\_\_\_

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