

1 Match the verbs below with the definitions.

cry scream shake shiver shout sweat

- produce tears from your eyes, usually because you're unhappy or hurt: **cry**
- produce liquid on the surface of your skin because you're hot or nervous: _____
- when part, or all, of your body moves quickly because you're afraid or cold: _____
- make a loud, high noise because you're afraid or hurt: _____
- say something very loudly: _____

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

- But when I heard about a new talent show at my school
- I normally love
- The experience has made me
- When I arrived at
- The problem is
- At the beginning, it was difficult



My first performance

by Antje Fischer

¹ **b** singing and I do it whenever I can at home – usually in the shower! ² ___, I've always hated singing in public or even in front of my closest friends. The thought of it makes me feel really anxious. ³ _____ 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 better. By the end, I actually wanted to scream with joy – I loved it!

I didn't win the contest, but people said I sang well. ⁶ _____ more confident about my singing – I'm even thinking about joining a band!

3 Match the sentence halves.

- c** I first realised I had a problem
- When I heard about the competition,
- That day, I learned
- Now I'm not afraid

- of heights any more.
- something important about myself.
- when I went climbing with a friend.
- I decided to give it a go.

4 Complete Toby's notes about his personal challenge with phrases a-d.

- always been afraid of water
- feel more confident on the water now
- realised when I travelled by ferry as a child
- nervous at first, shivering and sweating

Sailing a boat

Reason for the challenge

- ¹ **always been afraid of water**
- ² _____

³ **uncle has a boat, invited us to go sailing**

Description of the challenge

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

After the challenge

- loved it**
- ⁵ _____

WRITING TIME

5 Write a blog post with a description of Toby's personal challenge. Look at his notes in Exercise 4.

1 Find ideas

Make notes about:

- why he wanted to do the challenge.
- what the challenge was like.
- how Toby felt after the experience.

2 Plan and write

- Organise your ideas into paragraphs. Use Antje's blog post in Exercise 2 to help you.
- Write a draft of your blog post.

3 Check

- Check language: have you used verbs to express emotions?
- Check grammar: have you used a variety of past tenses?
- Write the final version of your blog post.