

1 Match the verbs below with the definitions.

cry scream shake shiver shout sweat

- 1 produce tears from your eyes, usually because you're unhappy or hurt: cry
- 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 say something very loudly: _____

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

- a But when I heard about a new talent show at my school
- b ~~I normally love~~
- c The experience has made me
- d When I arrived at
- e The problem is
- f 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.

- 1 ☒ I first realised I had a problem
- 2 ☐ When I heard about the competition,
- 3 ☐ That day, I learned
- 4 ☐ Now I'm not afraid
- a of heights any more.
- b something important about myself.
- c ~~when I went climbing with a friend.~~
- d I decided to give it a go.

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

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

Sailing a boat

Reason for the challenge

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

Description of the challenge

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

After the challenge

- loved it
- ⁴ _____

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.