



Week 11
Primary 3/4

The Write Tribe

FEELING NERVOUS PART 1



Topic: Feeling nervous

Write a composition of least 120 words using one or more of the pictures below.



'Sayings' FOR THE TOPIC:

When the going gets tough, the tough gets going.

Consider the following points when you plan your composition.

- Why were you nervous?
- How did it affect the main character?
- How did you resolve the matter?
- What was the lesson learnt?



Story Study

Fill in the blanks with the correct words.

nose to grindstone	approached	shaky legs
gulped	slept a wink	sea of faces
jitters	in my mouth	extra mile
perspective	burn the midnight oil	bundle of nerves

INTRODUCTION

I had always been a 1. _____ . No matter how much I prepare for something, I never feel ready. Sometimes, I go the 2. _____ and even 3. _____ for days. However, on September, my 4. _____ changed forever after my piano recital.

CONFLICT

Lightning lit the skies in brilliant streaks. It was raining cats and dogs. I was already feeling anxious and the weather wasn't making it any better.

I nervously stood behind stage, waiting for my turn. I rehearsed mentally to keep away the 5. _____ . However, I couldn't focus. I had been keeping my 6. _____ for weeks and had barely 7. _____ . In the distance, among the 8. _____ in the audience, I could see my Mom give me a thumbs up. I 9. _____ in fear. "Oh no! I am going to do a bad job!" I muttered to myself.

Finally, my name was announced. With 10. _____ , I 11. _____ the shiny black piano on stage. The stage lights nearly blinded me and my heart was 12. _____ .



adequate	blood, sweat and tears
go into overdrive	stiff
nervous breakdown	incompetence.
came into view	auditorium

CLIMAX

I sat at the piano. The 13. _____ was dead silent, waiting for my music to fill the room. I stared at the keys and they looked like monster teeth, grinning at me as if mocking my 14. _____. My fingers were frozen 15. _____, I could barely move them.

As my fingers touched the keys, everything turned black.

CONCLUSION

I woke up to find myself in the hospital. My mom's concerned face 16. _____, as I opened my heavy eyelids.

"You had a 17. _____, honey!" she said.

It was my fault. I forced myself to 18. _____, not giving my body 19. _____ rest! However, I was deeply saddened too. All the 20. _____ for my recital had gone down the drain.

Just then, my teacher entered, "Don't despair. We will give you another chance. But this time, don't burn the candle at both ends!" she advised.

I grabbed her pearls of wisdom and used this incident as a reminder to cut myself some slack. Life is meant to be enjoyed. Health is wealth.



IDIOMS ABOUT HARD WORK

word/phrase	meaning
blood, sweat and tears	
fight tooth and nail	
go the extra mile	
go into overdrive	
keep nose to grindstone	
make headway	

to make progress	to continue working hard without stopping	start working very hard
to make a greater effort than expected of you	use a lot of effort to oppose someone and achieve something	a lot of effort and suffering



Introduction

- **Where are you? Who are you with?**
- **What kind of day was it?**
- **What is your biggest fear. Describe it with a simile or Mama joke**
- **Tell a short backstory about your fear**
- **Include a foreshadow**

Useful phrases / words for extra bucks

Hardwork

I had always been a bundle of nerves

Go the extra mile

Burn the midnight oil

Feeling the jitters

Kept my nose to grindstone

Go into overdrive

Blood, sweat and tears

Burn the candle at both ends

Foreshadow

However, one day, my perspective changed

One October month, my idea of hard work changed

Weather:

There was a deep rumble in the distance

The storm raged on for hours

It was raining cats and dogs

Lightning lit the skies in brilliant streaks



Introduction



Conflict

- Ease into the situation.
- Slowly introduce the problem. Why was this a problem?
- Show your emotions and personal thoughts
- THE FINAL PUSH - Enough is enough moment.

Useful phrases / words for extra bucks

My name was finally called, there was no escape

I had no choice but to rise up to the occasion

Whether bundle of nerves or not, I had to make my move

Anxiety

Fear ricocheted through my body

Anxiety coursed through my veins



Conflict

