



Shyness

1 What do you think the bird in the picture on pages 42 to 43 of the EMOTIONARY is thinking?
Write his thoughts below.



Sample answer: I'd really like a piece of that biscuit, but what if someone sees me?

2 Find six words in the word search that are illustrated in the picture on pages 42 to 43 of the EMOTIONARY. Write them in the spaces next to the word search.

N	F	J	R	K	T	T	R
O	O	M	C	O	I	R	E
O	B	A	P	U	C	E	W
P	V	A	C	U	A	C	O
S	E	S	P	N	B	U	L
T	I	X	O	W	T	A	F
B	E	C	X	D	X	S	E
Y	H	Y	Z	X	J	F	C

CUP

BISCUIT

TEAPOT

SPOON

FLOWER

SAUCER

3 Match the expressions from the text on page 42 of the EMOTIONARY with the expressions that mean the opposite.

- | | |
|-----------------------|-----------------------|
| ● to behave naturally | to stand out |
| ● to stay still | to feel uncomfortable |
| ● to go unnoticed | to act strangely |
| ● to feel at ease | to move around |

4 Say whether the person highlighted in each sentence is a **stranger (S)**, **untrustworthy (U)** or **threatening (T)**.

S Laura has never seen **James** before.

U **Sebastian** shoplifted from his local supermarket on several occasions.

S Our new neighbour, who we haven't met yet, is called **Li**.

T **Elliot** has said he is going to play a trick on me.

U **Jack** never keeps his promises.

T Nadia is worried that **Olivia** and **Sarah** will rip up her drawing.

● Do you know anybody like these people? Who are they?

Open answer

5 Write the word from the text on page 42 of the EMOTIONARY that means 'moving or doing things in an awkward way'.

C L U M S Y

6

Read what happened to Evie and answer the questions below.

Evie

On Monday our music class gave a concert for our parents. I played the violin. I was supposed to sit in the first row, but I slipped into the back one when we were all getting into our places. I didn't want anyone to see me. I didn't feel at ease on stage and I was too hot. I wasn't getting into the music at all, and I was struggling to follow the score. Then my fingers stiffened and I couldn't play properly. In the end, I stopped playing altogether and stood silently, holding my violin, until the end of the concert.

● How did Evie try to go unnoticed?

She sat in the back row.

● Did Evie play well? Why? Why not?

No. Because she was shy.

● Was Evie comfortable? How can you tell?

No. Because she didn't feel at ease and she felt too hot.

● Did Evie get stuck? What happened?

Yes. Her fingers stiffened and she couldn't play properly.

● What did she do after that?

She stood silently, the violin in her hand, until the end of the concert.

7 Read what Chandni and Chris say, then answer the questions.

Chandni

Yesterday I took part in a talent show at school. Everybody had to do something they were good at. I demonstrated my skills with a football: I kept it in the air for two minutes, without it touching the ground even once. Whilst I was backstage I was a bit nervous, but as soon as I saw the audience, I knew I was going to do brilliantly.

Chris

Yesterday my mum and I went to visit my Auntie Irene, who lives in a care home. My auntie gave me some sweets. All my auntie's friends were talking to me at the same time and asking me questions. They seemed very nice, but I didn't know what to say. All I wanted to do was get out of there.

● Who seems shy?

Chris.

● Do you think you would have felt the same way? Would you like to perform at a talent show?

Open answer

● What do you think you could do to overcome shyness?

Open answer

8

Tick all the things you have done when you have felt **shy**.

- Hid behind my mum or dad. **Open answer**
- Refused to answer questions.
- Run away.
- Started crying.
- Started laughing.
- What other things do you do when you feel shy?

Open answer

- Why do you behave like this?

Open answer

- In what situations do you feel shy?

Open answer

- What is it that makes you feel uncomfortable in these situations?

Open answer



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NOTES

The EMOTIONARY worksheets belong to the *Say What You Feel* series. For more information on the series, further worksheets and other supplementary materials, please go to www.palabrasaladas.com/f/emo_eng.html