

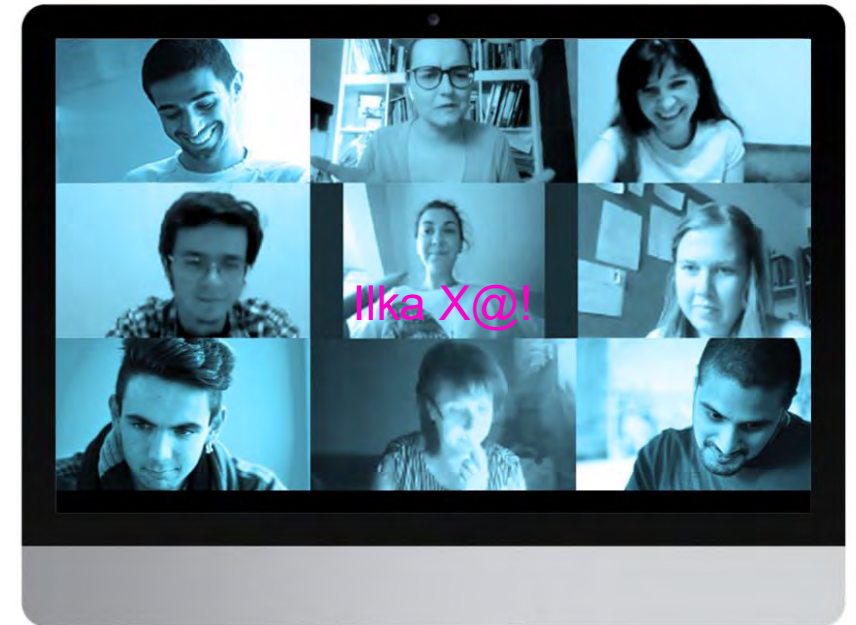
# Nerves

Health and Well-being



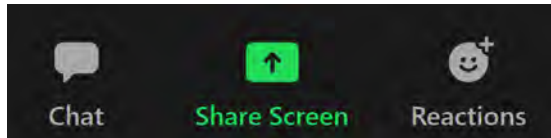
# Before we start, please make sure...

- ✓ your name on Zoom is clear (use Latin letters)
- ✓ your camera is on and mic is off (unmute when needed)
- ✓ you are in a quiet area that helps you focus
- ✓ you have a notebook or a note app ready to take notes



# Zoom for learning

Ask questions in the Chat



Use reactions to show that you are ready, you understand or like something someone said



Use Annotate when a screen is shared



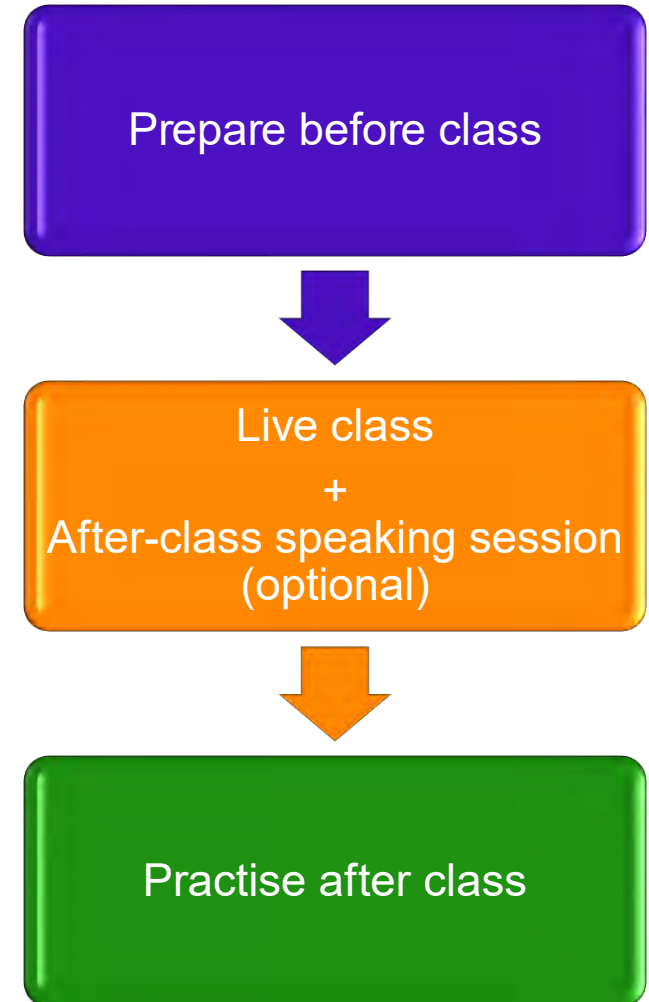
Use Save to make screenshots

# Welcome to English Online



## How does it work?

**You need to complete all three parts to get the most out of English Online.**



# After-class speaking session

**Stay back after class for 5 or 10 minutes to talk to your classmates from around the world.**

**This extra speaking practice will help you...**

- improve your conversation skills
- practise using language learnt in class
- support and help your fellow students
- practise using English in a natural context
- become a part of a global learning community



After-class  
speaking  
sessions

# Lesson objective

In this **live** lesson you will discuss different techniques to deal with nerves you read **before** class and describe what works for you.

You will also review *if* sentence patterns and idioms connected with nerves.



**live  
class**

# Lead-in



- 1 What kind of activities make you nervous?**
- 2 Have you experienced performance anxiety?**
- 3 How do you normally deal with nerves?**

<https://www.freepik.com/free-photos-vectors/nervous>



# Reading

**You've read a magazine article about dealing with performance anxiety. Can you summarise 3 tips from that article?**



ing or acting, you have to breathe. If you want to do these  
o breathe using your diaphragm. It probably won't come  
practise. If you're a professional singer, you might know a  
everybody else, you'll need to learn how to do it.

Unless you're a celebrity, or your mum's in the audience, the audience aren't here to see or hear you. Remind yourself of that. They're just here to see the person playing this piece or talking about this subject. Today that just happens to be you.

try to 'hold it back'. If you do, it will work against you.

Taking a supplement, either a natural one like kava root or a beta-blocker will just take the edge off your nerves and help you stay focused on the task at hand.

At first you will feel anxious, so expect and accept it. If you allow yourself to work with your nerves and not against them, you'll be able to calm yourself. However, if you resist the anxiety, you'll probably get more nervous.



# Language focus 1



1. shake like a ..... **leaf** .....
2. break out in a ..... **cold** ..... sweat
3. be a ..... **bundle** /bunch.. of nerves
4. .... **lose** ..... your nerve
5. have ..... **butterflies** ..... in your stomach

# Language focus 2

If you feel nervous before a performance, you should run up and down the stairs to burn off some  
adrenalin.

can, could

*If sentences with modals: present + modal*

If you want to learn how to breathe, read up on it on the internet.

*If sentences with imperatives: present + imperative*

If you keep telling yourself you're nervous, you'll just get more nervous.

*If sentences for real situations: present + will*

If you breathe properly, you think properly.

*If sentences for what is always true: present + present*

# Task



# Task

**1. You are going to read a number of 'nervous' situations. Think of a tip you could give to the person in each situation, discuss your tips with the group and note down your best tips.**

**2. Come back and share your best tips with the class.**

**Try to use some idioms and 'if' sentences when giving advice!**

# Feedback

Some good advice is to...

A piece of advice

If you fail the driving test, you have to do/take 10 more lessons.

Cram for an exam = to study for an exam shortly before it takes place

# What's next?



**Don't get so nervous. I had my picture taken but I realized that it was only for the company, not for huge audience. Because of that it calmed me down a lot.**

**You could also record yourself before the important shooting.**

**Somebody might be chosen to make a speech as they are the most suitable people for that in the company.**

**If you agree to accept the fact that you feel anxious, you will be able to calm yourself almost immediately.**



# After-class speaking session

**You can talk about any topic that interests you!**

**Use these questions as a guide, if needed.**

- How can anxiety hold us back in life?
- Are there any advantages to nervousness?
- What careers can performance anxiety really affect?
- Which do you think is the best way to deal with anxiety: taking medication or therapy?
- Do you think we are born with fears or phobias or do you think we develop these fears over time?

For help, contact:

[support.englishonline@britishcouncil.org](mailto:support.englishonline@britishcouncil.org)

## Dos

- ✓ Treat everyone with respect
- ✓ Keep your camera on and participate
- ✓ Let others share ideas too
- ✓ Listen to everyone
- ✓ Click 'Leave' if you cannot stay back

## Don'ts

- ✗ Don't take pictures or record
- ✗ Don't share personal details
- ✗ Don't let your children be visible onscreen

After-class  
speaking  
sessions

