



I FEEL SHY / SOCIAL ANXIETY

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PDF 1: Warm-up + Dear AI Letter

Level: A2 Title: I Feel Shy / Social Anxiety

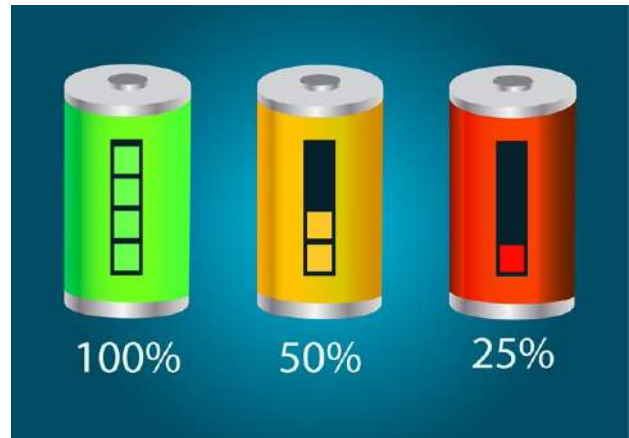
Warm-up Questions (Pair work – 8 min)

1. On a scale of 1–10, how comfortable do you feel in new social situations (parties, meeting new people, speaking in groups)? Why?
2. What situations make you feel shy or nervous? (small talk, eating in front of others, etc.)
3. What things help you feel more confident? (preparing what to say, deep breaths, practicing with friends...)
4. Do you sometimes avoid social events?

Confidence Battery Activity

Draw a battery on the board. Students label it:

- Full charge = super confident and relaxed in social situations
- Low charge = feeling shy or nervous
- Dead battery = I want to hide and avoid everything



Dear AI Letter (Reading – 10 min)

Dear AI,

I have social anxiety.

I really want to make friends and practice my English, but every time I'm in a group or have to talk to new people, my heart starts beating fast, my face turns red, and sometimes my mind goes completely blank. Everything feels so awkward. I keep avoiding parties, group projects, and even small talk with classmates. I always think "Maybe next time" but next time never comes. 😞

Signs I have social anxiety:

- Fast heartbeat or sweating
- Blushing or shaking
- Mind going blank
- Avoiding eye contact
- Everything feels scary or awkward

Please help me!

From,

Emma

Explanation box:

"my mind goes blank" = I suddenly can't think of anything to say.
It's a common feeling when we feel very nervous.