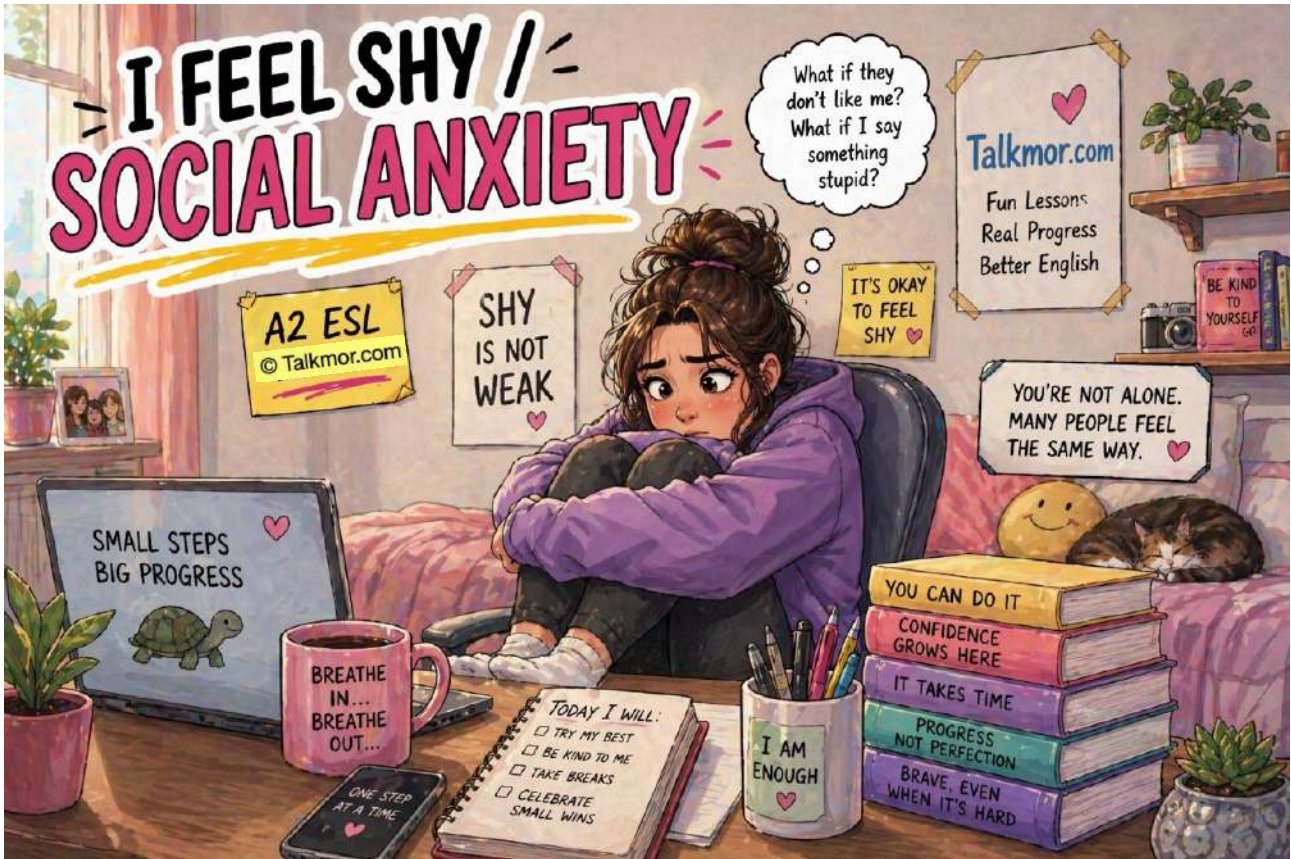




I FEEL SHY / SOCIAL ANXIETY

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PDF 3: Talkmor Illustration + Picture Tasks



Picture Description & Discussion (10 min)

Look at the picture and answer the questions:

1. How does the girl feel? Describe her face and body language.
2. What is she thinking about?
3. What positive messages and posters do you see around her? Which one do you like?
4. What objects in the picture represent “small steps” and building confidence?
5. If you could give her one piece of advice, what would you say?

Quick Grammar - Adverbs of frequency

Fill in the blanks: always, often, sometimes, usually, never

1. I _____ feel shy when I have to speak English in a group.
2. Small steps _____ help me feel more confident.
3. She _____ avoids big social situations.
4. Positive messages like “You can do it” _____ make me feel better.

Picture Vocabulary

- shy / anxious
- small steps
- big progress
- breathe in... breathe out...
- I am enough
- confidence grows here
- you're not alone