



I FEEL SHY / SOCIAL ANXIETY

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PDF 5: Speaking Practice + Fun Activity

Find Someone Who... (Class Activity – 10–15 min)

Walk around and ask your classmates questions. Write one name for each.

Find someone who:

- feels shy in class sometimes
- drinks coffee or tea to feel more confident
- likes speaking in English
- watches videos to relax instead of working
- has a good way to feel motivated
- exercises when they feel stressed
- listens to music to feel better
- talks to friends when they feel low

Name	Name
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Add 2: “Advice Swap Cards.”

Work in pairs.

Advice Swap (Pairs – 10 min)

Student A: Write one real problem (e.g. “I feel lazy before studying”)

Student B: Give 2–3 simple pieces of advice

Then switch.

Use  You should... / Why don't you... / Try to...

Role-Play Situations (Pairs – 10 min)

Student A chooses ONE:

- You feel shy at a party
- You don't want to study
- You feel tired in class
- You keep saying “I'll do it later”

Student B:

- Give advice
- Be supportive
- Ask 1 follow-up question

 Then switch roles

Add 3: “1-Minute Challenge” (High energy finish)

1-Minute Motivation Challenge (Whole Class – 5 min)

You have 1 minute to:

- Stand up
- Say 3 things you *can* do today
- Say them with energy!

Example:

“I can study for 10 minutes!”

“I can start now!”

“I can try!”