

Name: _____

Date: _____

Class: _____

Why do we ...

Part 1: Answer the questions below with your own opinion

1. Why do humans feel fear? Is it useful or harmful?

2. How can people learn to face their fears?

3. Can fear ever improve performance (e.g., exams, public speaking)?



Speaking Task

Part 1 – Prepare Your Speech

Read the topic below. Prepare a short speech (1 - 2 minutes).

Topic Opinion:

Describe a time when you felt very scared.

You should say:

- What happened
- Where you were
- Why you felt scared
- And explain how you reacted

Idioms (use at least ONE)

1. Break out in a cold sweat

2. A gut feeling

3. Scared stiff

4. On edge

5. Face your fears

6. Jump out of your skin

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Why do we ...

Part 2 – Speaking (Next Lesson)

Work in pairs.

- 1. Student A speaks for 1–2 minutes
- 2. Student B listens and completes the feedback form
- 3. Change roles

Part 3 – Feedback form

Speaker’s name

Reviewer’s name

Criteria	Excellent	Satisfactory	Developing
Did the speaker answer all the questions?			
Did the speaker clearly express their opinions?			
Did the speaker use idioms naturally and correctly?			
Was the grammar mostly correct?			
Was the speech clear and easy to understand?			
Did the speaker give examples?			

Comments - What worked well and what improvements would you suggest?