Feel the Fear and Do it Anyway

How can I get over my fear of speaking English?

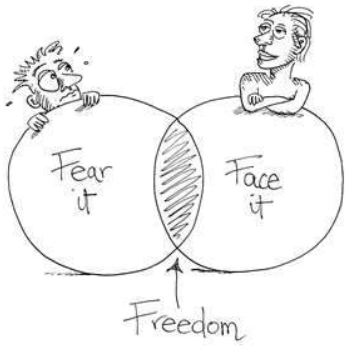


EAE Learning objectives for this lesson

Learn how to avoid getting blocked when you are speaking English. Learn and practice idioms. Practice pronouncing difficult words.

Activity One - Ask and Answer.

1. When do you find yourself hesitating in English?
2. Do you ever find yourself trying to translate from French?
3. Do you sometimes feel intimidated when you need to speak English?
4. Do you think that it takes courage to speak in a foreign language? Wh
5. What kind of situations do you find hard in English?



Activity Two - You can't translate everything!

In English you stand someone up. In French you say 'Se prendre un râtea nos sense at all in English - If you said that you took a rake from your boyf that your boyfriend kindly gave you a piece of gardening equipment.

If somethings annoying you and you try to explain that it's making you swollen (Ça me gonfle) then people will think that you are having some sort of an allergic reaction. If you send someone away to cook an egg - they might actually come back with some breakfast! Yes, you can't translate everything! Here are some typical British idiomatic expressions. Let's see if you can use them in a sentence. The more idiomatic expressions you know the better. You will find it easier to understand and easier to explain exactly what you mean.

Let's see if you know what these expressions mean. Try to use them in a sentence. Then with your teacher or partner ACT OUT A SCENARIO where there is a MISUNDERSTANDING in the conversation involving one or several idiomatic expressions.

- **Don't let the cat out of the bag.**
- **It's a piece of cake.**
- **I've bitten off more than I can chew.**

Activity Three - Sentence gap fill **To prepare at home** – Please note that YOU MIGHT NEED TO CHANGE THE IDIOM SLIGHTLY, DEPENDING ON TENSE OR POSSESSIVE PRONOUN. Choose the correct idiomatic expression to fill the gaps in the sentences:

When pigs fly

Piece of cake

Don't judge a book by its cover

Bite off more than you can chew

Scratch someone's back

Barking up the wrong tree

Beat around the bush

Best of both worlds

Taste of your own medicine

Speak of the devil

Once in a blue moon

Sit on the fence

Steal someone's thunder

Jump on the bandwagon

Blessing in disguise

1. I will win the lottery…_____

2. Speaking English is so easy, it's a _____

3. At first I thought my girlfriend's Dad was scary. But he turned out to be a nice guy. It goes to show that you shouldn't _____

4. My brother wants to learn violin, but I think he has _____ , as I don't think he realises how hard it is.

5. If you _____ I will do a favour for you too when the time comes.

6. You think I stole your wallet? You are _____ there my friend. It wasn't me.

7. Get straight to the point! Stop _____.

8. If we go to New Zealand in December, we can get the _____ ; The beautiful weather and the beautiful scenery.

9. The other football team was winning, but now it was time to give them a



_____.

10. We were talking about Timmy, and then he suddenly appeared….

_____!

11. I only go to the cinema _____.

12. I don't really support any political party. I prefer to _____.

13. In terms of hipsters, so many people have _____ that it's not really cool or different to be a hipster anymore.

14. I'm too sick to go to work today, but that could be a _____ because we have a really long, boring meeting today.

AT HOME FOR EXTRA WORK
http://www.easyaccessenglish.com/quiz-expression-phrases-idiomatiques-anglais/

Activity Four - Hard to Pronounce - Sometimes French speakers are worried about pronouncing things wrong. This can make them stressed or hesitant when speaking English. Most of the time a French accent is an advantage! The only time it can be a disadvantage is if it stops people from understanding you. Here are the most difficult words to pronounce. Try them! If you want to know how to pronounce a word which you are not sure of, all you have to do is look it up in the dictionary - **http://www.thefreedictionary.com**

Thorough	**Happiness**	**Draught**
Rarely	**Sheet**	**Guage**
Focus	**Height**	**Chaos**
Account	**Queue**	



Activity Five - Read the article:

Learn to Take Risks

If you have been taught at school when learning English that it's a big failing to make a mistake. If you have be made to feel stupid or humiliated in a group situation when you have made a mistake, then it's not surprising that you have developed a fear of getting something wrong. If this is the case then you are going to need to learn how to take risks. You will need to get used to saying something which might not be correct. If you are not sure that it's right, just say it anyway. We all learn from our mistakes.

Stop Being a Perfectionist

If you are always trying to find the perfect way of saying something then it's very likely that you are hesitant when you are speaking, or even that you get completely stuck and feel unable to talk. So you need to change your expectations if this is the case. Tell yourself that your objective is to make yourself understood rather than to say something perfectly well constructed and with no errors. Use simple short sentences and try to relax. Soon you will see that being understood by the person you are talking to is satisfactory enough. Little by little you will build on your basic knowledge and construct more complex sentences or be more creative or specific in what you are expressing.

Stop trying to translate everything

Languages cannot be translated word for word. The idiomatic meaning of words and expressions make this impossible. So you need to try to find a way of thinking in English and not in French when you are speaking English. This takes time to develop but the best way to start is to learn expressions linked to situations and vocabulary linked to images or events. If you find yourself attempting to translate a very French expression into English, then stop. Find a more simple way of saying it, with one clause, a verb a noun an adjective. Go back to basics and build on that.

Learn to love your accent - because we do.

Sometimes English learners can be very embarrassed about their accent. They can believe that they sound ridiculous because they are not pronouncing words in the English way. Nothing could be further from the truth, especially for French people. Anglophones perceive the French accent as being very sexy. As long as your pronunciation of a word does not stop us from understanding you then your accent only embellishes it to our ears! Try to learn how to use the correct syllabic stress for words of more than one syllable, this often hinders understanding more than the pronunciation of words.

Feel good about the progress you have made.

Learning a language is a step by step process. If you keep an eye on your progression and look back at how you have improved then you will feel good. You will be motivated to keep up the hard work!

Make English part of your life every day.

Rome was not built in a day, as the saying goes. Your English fluency will take time to acquire and it's a daily habit you need to get into. By listening, reading and practicing every day you will improve your comprehension, your vocabulary and your oral expression. Start by believing in yourself and adjusting your expectations and don't be afraid to make mistakes. That provoke be the déclic you have been waiting for!

Activity Six - Practice Fluency… Let's see who can master these tongue twisters. It's a great way to practice your pronunciation!

Peter Piper picked a peck of pickled peppers.
A peck of pickled peppers Peter Piper picked.
If Peter Piper picked a peck of pickled peppers,
Where's the peck of pickled peppers Peter Piper picked?

The thirty-three thieves thought that they thrilled the throne throughout Thursday.

Activity Seven - ***Let's talk about the weather***: We love making conversation about the weather. It's a good way to start off when you are chatting to someone new. Let's see if you can identify some weather related vocabulary in the next activity. .



Team Challenge - Riddles (Please do not prepare this at home).
See which team can match the riddles below to their meaning: **SUNNY, RAINY, WINDY, HAIL, WINTER, SPRING, SUMMER, AUTUMN.**



1/ Typical in England, april showers
Not good for us, but good for flowers,
Inevitably now, my mood sours,
Especially if it doesn't stop for hours

2/ It's boiling, it's toasty, I'm burning up
I'll have some more ice cubes in my cup
I'm sweating like a pig in a sausage factory,
I think I'm going red, can you put some cream on me

3/ Small balls of ice, these can cause pain,
Not quite snow, and yet not quite rain,
Harder than both, on your skin it can sting
This is a word to greet a new king

4/ Barbecues, pools,
get it all out,
it's time to get tanned,
before the cold comes about

5/ Newborn beasts,
in a blossoming field,
And the day of the fool,
So you should be thrilled

6/ Hold onto your hats,
Lest they blow away,
But undoubtedly useful,
For a nice sailing day

7/ For the young it's fun,
But for the old, too cold,
Better be warm by the fire inside
Don't wake the animals, as they burrow and hide

8/ Time to clean up the leaves with a rake
And say goodbye to your holiday break
Back to work, or back o school
Things look darker at the start of fall

Activity Eight - ***Role Plays -*** *Using the as many of the following weather idioms as possible talk about the weather in a role play with your partner.*

- ***The heavens have opened.***
- ***It's raining cats and dogs out there.***
- ***It never rains but it pours!***
- ***It's boiling hot today.***
- ***The weather is below freezing.***
- ***Wrap up warm.***
- ***It's very overcast.***
- ***What's the weather like?***
- ***What's the weather forecast?***
- ***The sky looks quite threatening.***
- ***It's raining heavily.***



AT HOME ***- A good idea for you is to download the SOUNDS OF SPEACH application. https://www.youtube.com/watch?v=16b2M-YwgKs***

