

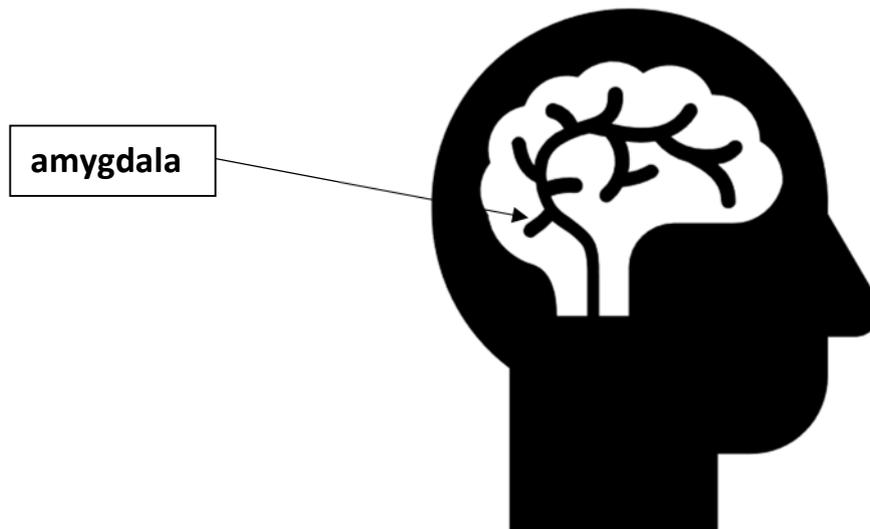
Speaking and Listening preparation and managing anxiety

Name _____ Date _____

Everyone feels anxious and stressed before giving a presentation.

Why?

It all comes from a part of your brain called the **amygdala** (which is about the same size as an almond) towards the back of your head.

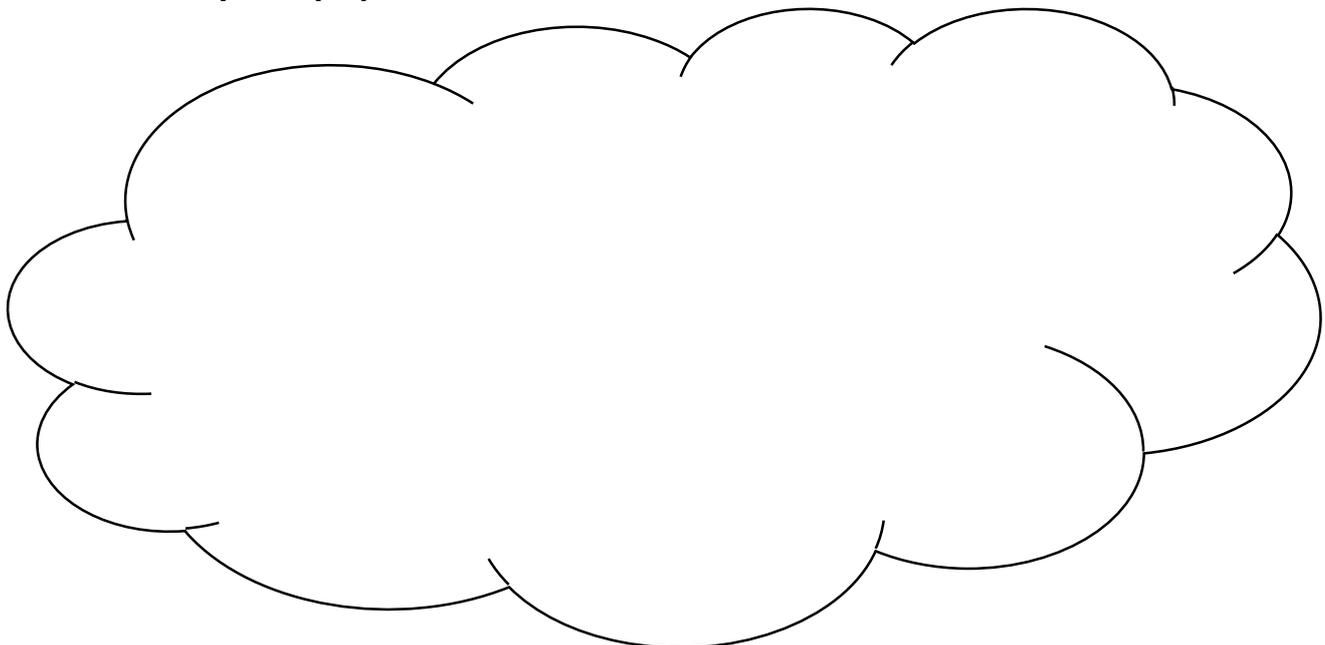


What does the amygdala do?

Its job is to protect us and keep us safe, so it helps our body to get ready in threatening situations. This feeling we get is called anxiety and it is normal to feel anxious before giving a presentation.

What happens to your body when you feel anxious?

List some of your symptoms below.



A large, empty, cloud-shaped outline with a scalloped border, intended for the student to write down symptoms of anxiety.

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What can you do to help control your anxiety before you give a presentation?

We'll watch some short videos about different techniques.

Make notes below and decide which techniques you want to try.

Name of technique	What is it and how does it help you?
Do the penguin! https://youtu.be/D5dptwyMytQ	
Three P's https://youtu.be/tShavGuo0_E <ul style="list-style-type: none">• P • P • P	
Five tips on how not to get nervous speaking in front of people https://youtu.be/2ciJQ6yA9HE <ol style="list-style-type: none">1. 2. 3. 4. 5.	