

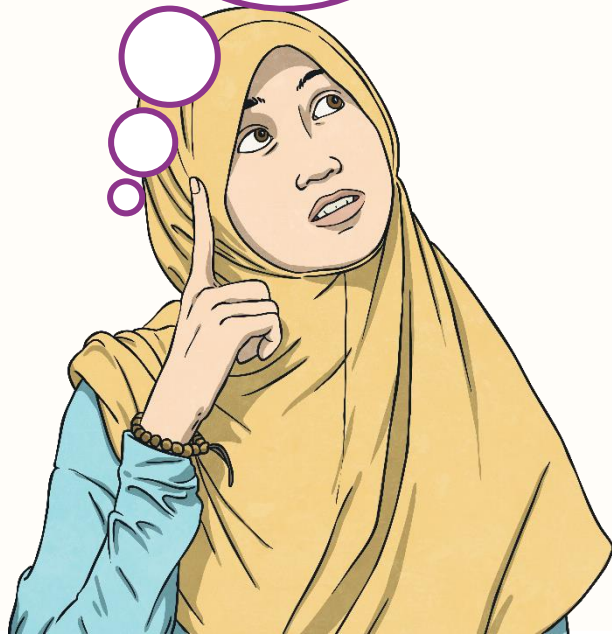
Understand why we sometimes feel shy or nervous and know how to manage these feelings.

## Success Criteria

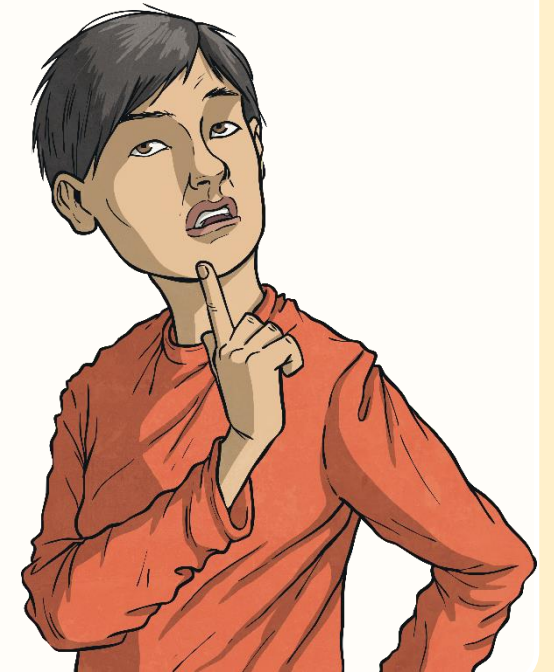
- I can identify situations that might make me feel shy or nervous.
- I can discuss the impact of how we choose to respond to feeling nervous and shy.
- I can identify strategies that might help me to feel confident and behave confidently.

# **The Big Questions**

What situations might make us feel nervous or shy?



How can we feel and act more confident in these situations?

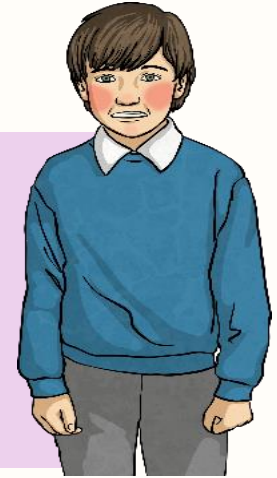


# Reconnecting

# Feeling Shy and Nervous

How is the child in each scenario feeling? Why do you think they are feeling that way?

Sam is starting at a new school. He is confident and happy about his new beginning but he is feeling a little strange. He has noticed that his stomach feels jumpy and he feels a little bit sick.



Saskia has started playing football with a new team. She loves playing football but does not know anyone on this team. She is normally very outgoing and confident but she is finding it hard to speak to others. She is being very quiet.



# Feeling Shy and Nervous

Adnan is taking his ballet exam today. He has worked really hard for this exam but is worried about whether or not he will pass. He can't eat anything and his stomach feels a bit funny.



Do you have any experiences of feeling shy or nervous?  
Share them, if you feel happy to.

Remember to focus on what was happening, what was going to happen and how you felt emotionally and physically.

Remember, feeling shy and nervous **is very normal** in certain situations. We are going to explore these feelings a little more.

**Exploring**

# Fight or Flight

**Adrenaline** is required when we need to have quick reactions. When we are feeling nervous our body produces extra adrenaline, however, this extra adrenaline isn't always needed and therefore the adrenaline can make us feel a bit sick, have a gurgling stomach and we may even feel shaky and dizzy.

In some situations, where people feel nervous, they use this **extra adrenaline to cope** with the situation. At other times, people use this extra adrenaline to flee from the situation. These two different responses are known as **fight or flight**.

Feeling nervous is both normal and natural. It is a physical response to a situation. We do not need to feel worried about the fact that we are nervous but we do need to recognise the feeling and know that we can choose **how we respond to it**.





# Fight or Flight

The following examples show two people's different responses to feeling nervous.

Two boys are getting ready to go to their new secondary school. They are both feeling a bit nervous and shy.

This boy goes into his new school and does not feel able to speak to anyone. He looks at the floor and does not make eye contact with anyone. He feels sick all day and comes home from school feeling that he has not made any new friends. He feels worried about going in tomorrow.



This boy goes into his new school and feels nervous but looks around and smiles at anyone who looks his way. He asks another boy what his name is and which school he used to go to. These boys spend all morning talking and going around school together. They arrange to walk to school together the following day.

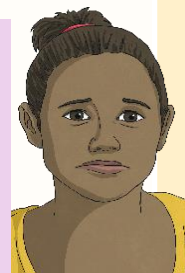


How have the two boys chosen to respond to feeling nervous? What is the impact of their choice? Share your thoughts with a partner and then with the class

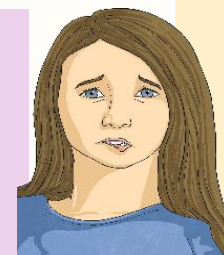
# Fight or Flight

Two girls are going to their first sleepover at a friend's house. They are both feeling nervous about spending the night away from their family.

This girl arrives at the sleepover and tells her friends she is feeling nervous about being away from her family all night. Her friends tell her how they feel nervous too but that they are also excited. Her friends are supportive and tell her that if she is missing her family, to just let them know and they will give her a big hug.



This girl arrives at the sleepover and does not tell any of her friends how she is really feeling. She tries to hide her nerves. She is very quiet and misses some of the conversations her friends are having because she is thinking so much about her family. As none of her friends know how she is feeling, they begin to think she is in a bad mood with them and start feeling upset with her.



How have the two girls chosen to respond to feeling nervous? What is the impact of their choice? Share your thoughts with a partner and then with the class.

# Mind over Matter

Being confident doesn't mean we never feel nervous or shy. It means recognising how we are feeling, confronting our nerves and getting the support from those around us. This helps us to have a strong mental attitude – we believe we can face our fears. This is sometimes called '**mind over matter**'.

There are different ways we can achieve this feeling.

We can address our worries and concerns to try and make them feel less important.

We can focus on the positive outcomes of the situation rather than our nerves.

We can share our thoughts and feelings with those around us.

Once we have used one of these strategies successfully, we will then feel much more confident the next time we are in the same situation.



# Mind over Matter

Is it okay to feel shy or nervous or is this a feeling we should try and hide?

Discuss this in your groups and then share your thoughts with the class.

It is important that we recognise people do feel nervous and shy. It is important that we understand these feelings are **natural and normal**. We can then better understand how others are behaving around us and not judge their behaviour. **It can also help us to talk to others about their feelings and enables us to support and help them.**

Accepting our own shyness means we can address it and then, with support, make choices that will help us feel more confident.

Consolidating

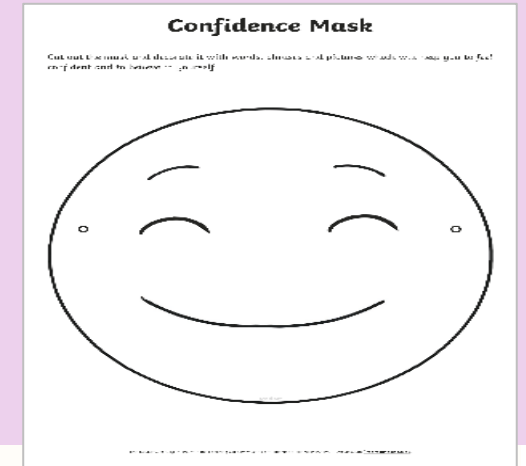


Reflecting

**Consolidating**

# Being Confident

**TASK:** Can you create your own Confidence Mask to wear to enable you to feel confident?



You can decorate your mask with words, phrases and pictures which will help you to feel confident and believe in yourself. This will be very unique to you but you may wish to include things such as:

talk to others

support

positive

believe

trust

faith

hope

accept

understand

honesty

friends

truth

**Reflecting**

Why are masks appropriate for today's lesson?

## Masks



Sometimes we wear a confidence mask to help make the feeling become a reality. **It encourages us to feel confident** and makes us believe in ourselves, even when we are feeling shy or nervous.

We can wear this mask even if we do not have a physical mask with us. **We can create self-confidence and a positive attitude** to something we know we are nervous or shy about. Our confidence draws other people to us and makes us fun to be with. We can also be **confidently truthful about our nerves and shyness and then move forward** with our support network.



# **The Big Questions**

What situations might make us feel nervous or shy?

How can we feel and act more confident in these situations?



Have any of your answers changed since the beginning of the lesson?

