



TED Lesson: The science of stage fright (and how to overcome it)?

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https://www.ted.com/talks/mikael_cho_the_science_of_stage_fright_and_how_to_overcome_it

Warm up:

1. Do you get stage fright?
2. Have you ever given a speech or a presentation to a large audience?
3. What are you afraid of?

Vocabulary:

Knots	Conscious
Stalked	To trigger
Podium	Adrenaline
Fret	Autonomic
Idiot	Inevitable
Primitive	Anxiety

Comprehension:

What are humans wired to worry about? Why?

What did Charles Darwin test out at the London Zoo snake exhibit?

What are the natural bodily symptoms of fright?

What did John Lennon do before performing in public?

How can we trick the brain before a presentation?

Discussion:

1. Would you rather give a presentation to a small audience in English or give a presentation to a large audience in your native language?
2. What can you do to overcome fear and nervousness during a presentation?
3. Do you know any tips on giving a good presentation or a speech?