

BREAKING THE ICE & FEAR OF SPEAKING

Week 1

English Intensive Programme for SLIIT Computing Freshers

Let's be honest...

Who here is scared
of speaking English?



Raise your hand if:

- Your heart beats faster when speaking
- You worry about grammar
- You compare yourself to others

Good! You are **normal!**



This session is designed to help you:

- Understand that fear of speaking English is psychological, not a sign of weakness or lack of intelligence.
- Realize that everyone in this room shares similar fears, even if they don't show it.
- Shift your focus from “speaking perfectly” to “communicating confidently.”
- Experience speaking English in a low-pressure, supportive environment.
- Discover that mistakes are not embarrassing, they are evidence of learning.
- Take your first practical steps toward long-term speaking confidence.

It's time to set some rules...

- ✘ No Judging. No Laughing.
- ✔ Mistakes Are Welcome.
- ✘ No Apologizing for Your English.
- ✔ We Support, Not Compete.
- ✔ Everyone Participates.

Do we agree?



Speed Networking!

- 1 Find a partner.
- 2 You have **2 minutes** to introduce yourself.
- 3 Share
 - Your name
 - One interest or hobby
 - One unique fact about yourself
- 4 When the timer rings,
 Switch partners.
- 5 Repeat for **5 rounds**.

Hi, my name is Dasuni.

I really enjoy reading and watching documentaries.

One unique fact about me is that I get nervous before speaking in front of large groups, even now.

SWITCH



SWITCH



SWITCH

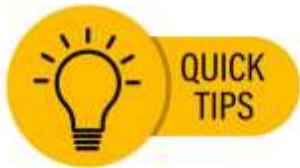


SWITCH



Was the **5th** round easier than the **1st**?

- **Repetition** reduces fear.
- **Short talks** feel safer at the beginning.
- Your brain **adapts**.



Take the first step - repetition will make it easier.



Mystery Box Challenge

How to play...

You will receive a funny or unusual image.

2 In groups, describe what you see.

3 Choose:

- Tell the truth **OR**
- Make up a creative story.

4 The class guesses: **Truth or Lie?**

Let's watch a video before we start.



THE
TONIGHT
SHOW
STARRING
JIMMY
FALLON

Jennifer Lawrence Box of Lies

Example:

- Group 1 picks one image from the envelope.
- They take a few seconds to decide whether they will tell the truth or create a lie about the picture.
- Group 1 describes the picture to the class.
- The other groups may ask questions to help them decide whether the description is true or false.
- Each group discusses and announces their final guess: Truth or Lie.

Scoring

- Each group that guesses correctly receives **1 point**.
- Groups that guess incorrectly receive **0 points**.
- **Group 1 receives a bonus point if the majority of groups guess incorrectly.**



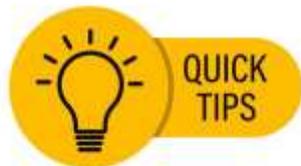
Was that **scary**?

Why or why not?

What made it **easier**?



“You just spoke English for almost 50 minutes **without worrying about grammar.**”



Confidence is built by doing - not thinking.