

# UNDERSTANDING FEAR & REFRAMING MISTAKES



# Why Did Speaking Feel Easier in Hour 1?

- You spoke.
- You laughed.
- You survived.

**So why does fear still exist?**



# Why We **Fear** Speaking English?



# The Truth About **Fear**...

- Fear of speaking English is not about intelligence. It is about vulnerability.
- We fear speaking because:
  - We are afraid of being **judged**.
  - We are afraid of **making mistakes in public**.
  - We **compare** ourselves to others.
  - We think **everyone notices our errors**.
  - We believe we must **sound perfect to be respected**.
  - We confuse **fluency with perfection**.
  - We forget that **communication matters** more than grammar.



**Fear is protection - not proof of inability.**

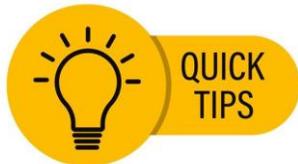
# Fear Gallery Walk

- 1 Walk around the room.
- 2 Read each poster.
- 3 Write your experience anonymously.
- 4 Place your sticky note under the fear you relate to.

My mind goes blank when I start speaking.

# Are we all feeling the same things?

- You are not alone.
- Fear is shared.
- And shared fear becomes smaller.



**When fear is shared, it becomes smaller.**



**OOOPS!**

# **Mistake Celebration Game**

What do you feel when you make a mistake in English?



# What do you feel when you make a mistake in English?

You might feel:

Embarrassed

Ashamed

Nervous

Frustrated

Frozen or blank

Like everyone is judging you

Like you should stop speaking

# How to play...

- You will watch the video of speakers making small English mistakes.
- Listen carefully to what the speaker says and notice the mistake.
- Observe how the speaker reacts.

## **Do they stop? Apologize? Or continue confidently?**

- Discuss in your group:

**What was the mistake?**

**Did it affect the overall message?**

**How did the speaker handle it?**

- Share your group's opinion with the class.

Let's watch a video before we start.





Did the mistakes **ruin** their message?

Why **didn't** the audience focus on the **error**?

**Mistakes = Evidence of Trying = Growth.**

I used to think \_\_\_\_\_ about speaking English, but now I realize \_\_\_\_\_.

- Take one minute to think silently before writing.
- Share your sentence with 2–3 people near you.
- Listen without interrupting.
- Respect every voice and every experience.

Eg: I used to think making mistakes was embarrassing, but now I realize it means I am trying.

Would anyone like to share their reflection with the whole class?



**Fluency is not perfection - It is courage.**

**Thank you** for being



for you **friends...**