

A close-up photograph of a woman with long, dark hair covering her face with her right hand. She is wearing a silver ring on her ring finger and a watch with a white face and black leather strap on her wrist. The background is dark and out of focus.

# SHYNESS IS NICE

*A Talking Points lesson for English  
reading & speaking*

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## Introduction

Are you a shy person? Why/why not?

In your country are the people naturally shy? Or not?

Why is this so?

## Are You Shy?

### *Take the test!*

1. The teacher asks a question in class. Do you think:
  - a. Choose me! I want to talk. Me, me, me!
  - b. Oh, I really hope he doesn't look at me.
  - c. I don't really have anything to say.
  
2. You are at a party. Do you:
  - a. Stand close to the wall and hope that no one looks at you?
  - b. Walk around the room and strike up a conversation with everyone and anyone?
  - c. See one person you know and only talk to them?
  
3. There is a group discussion in class. Do you:
  - a. Immediately take charge and select which people to be in your group?
  - b. Stay seated and hope that someone asks you to join their group?
  - c. Find two or three people sitting near you and join their

group?

4. You are in a coffee shop and a student you vaguely know comes in. Do you:

- a. Shrink down in your chair and hide behind your book?
- b. Immediately stand up and call out to the student?
- c. Wait until a suitable moment and grab their attention?

5. It is your first day in a brand-new job. Do you:

- a. Sit at your desk and stare at the computer all day?
- b. Go around the office and introduce yourself?
- c. Strike up a conversation with the person sitting opposite

to you?

6. In class you find you can't finish an English exercise. Do you:

- a. Raise your hand and call out to the teacher?
- b. Wait until the end of class and ask the teacher?
- c. Raise your hand and wait for the teacher to notice you?

7. You are at a karaoke. Do you:

- a. Grab the mic and wait for the next song to come on?
- b. Keep quiet and hope no one asks you to sing?
- c. Enjoy watching other people sing, then sing later?

8. Someone tells a very funny joke. Do you:

- a. Raise your hand to cover your mouth and hold your laugh in?
- b. Tilt your head back, close your eyes and laugh like a seal?
- c. Laugh quietly?

9. What is the perfect job for you?

- a. A TV host?
- b. A librarian?
- c. A job best suited to your skills?

10. You are on a long flight. Do you:

- a. Curl into a ball and stare at the free magazine?
- b. Turn to the person next to you and start a conversation?
- c. Chat with the person next to you for a little, then fall asleep?

## **You Decide**

**This is a group activity.**

Divide into groups of four students.

In your groups, take a look at each other's answers given in the test.

Go over all the answers and decide whether the person in your group is shy or not.

At the end, you can make a small presentation in your groups. You give a summary of each person's test results in your group.

***Tell the class whether you think the person is shy or not!***

## Discussion Questions

Are you shy?

What makes people shy? What are the causes? Think about the way they were brought up, and their family background.

Can shyness be cured? How?

What are the best jobs for a shy person? Why?

What would be the worst jobs for a shy person? Why?

How should other people treat shy people? Give examples and explain.

What are the signs of a shy person? Give examples of their behaviour and their body language and explain.

Do you know anyone famous who is shy? How do you think they deal with being in the spotlight and being shy?

Do you know anyone in your family, or friends circle, who is shy? How do you talk to them?

Do shy people just lack confidence? Or is it more than that? What is the deep personality of a shy person?

Is the internet making people more socially awkward?

Are certain countries' people more shy than others? Give examples. Why do you think so?



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