

## Does Speaking in Public Scare You?

Write a few words or thoughts about the things that scare you about speaking in public.

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Do you experience any of these body symptoms while in front of others?  
(Check each symptom that you have experienced.)

- My hands shake.
- I get a headache.
- My shoulders ache.
- I get dizzy.
- My mouth goes dry.
- My neck hurts.
- My heart beats faster than normal.
- I get sweaty palms.
- My stomach is upset and I'm nauseated.
- My legs are shaky.
- I can't stop my feet from tapping.
- My voice squeaks or quivers.
- I wave my hands excessively.
- I rattle my coins or keys in my pocket.

This information was adapted from "Communications Toolkit Fun Skill-Building Activities to Do with Kids" (4-H 1560) by 4-H Youth Development, Children, Youth and Family Programs, Michigan State University Extension, East Lansing, MI.

