

Think of a situation where you were speaking a foreign language. How did you feel? What language did you use? What did you do about it? Complete the table below:

Situation	How I felt and why	Example	Strategy used
Speaking Spanish with Japanese friend	Embarrassed: couldn't recall simple words	" <i>Catch the bus</i> " – " <i>Cojer el bus</i> "	Paraphrasing/Simplifying": " <i>(We) Go to the bus (stop)</i> " – " <i>Vamos a l'autobus</i> "
Translating " <i>it's worth it</i> " from Italian into English for Japanese friend	Upset because " <i>worth</i> " was an unknown word	" <i>Visiting the Cathedral is worth it!</i> "	Simplifying language: " <i>Visiting the Cathedral is a very good idea</i> "

Note for Teachers: This is suitable for levels B1+ CEFR. For lower levels we can do the same activity in L1 or provide a list of feelings, strategies and examples to tick off.