Impact 3
Unit 8
Main Video Script
Scene 8.1: *Stage Fright in the Spotlight*

Narrator: Have you ever wanted to be a performer? Perhaps you have talents you want to share, or ideas you want to express, but something holds you back from walking on stage or just standing in front of your classmates. That something is commonly known as stage fright. Even if you're not a performer, you've probably had to present something in front of others. And that can be scary. Your heart might beat faster. Your hands might start to shake. You might even feel dizzy. Sound familiar? You're not alone! In fact, most people experience stage fright at some point. Two researchers surveyed 815 college students. They asked them to pick their greatest fear from a list that included flying, death, speaking in front of people and other things. Speaking in front of people beat all the others, even death! Even people who entertain for a living can suffer from stage fright. Sometimes, not even fame can save you from it! But stage fright doesn't have to stop you from performing. The key is understanding why it happens. When you think about it, a lot can go wrong. You might forget what you want to say, or the audience might laugh at you (or not laugh at you!). It's easy to see why you'd get scared. When you're scared, your brain wants to protect you and it gets your body ready to fight or run away from what is scaring you. When you don't have to fight off a bear or run from a lion, your body can go from fight mode to freeze mode. Once you understand why you get stage fright, you can take steps to fight it. Try thinking about something else, or try imagining your audience clapping and cheering for you. One singer even wrote a song with lyrics about stage fright. When he performed it, it made him less nervous. Putting stage fright in the spotlight helped him confront it and overcome it. Do you suffer from stage fright? If you do, what will you do the next time you're in the spotlight?

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