



Jamil is very anxious about asking or answering questions in class. He worries he'll get his words mixed up, everyone will laugh; he'll get the answer wrong and be in trouble. Just thinking about answering a question makes him feel sick and sweaty.

Small Steps for Jamil

1. Jamil's teacher talked to Jamil and prepared a question and answer with him.
2. Jamil's teacher asked him the question in class at a time organised (e.g. health lesson after lunch). He answered with the prepared answer.
3. Jamil's teacher brainstormed some answers to a questions in preparation.
4. Jamil's teacher asked him to answer the question in class. He chose one of the answers to say.
5. Jamil's teacher asks him a simple question with no preparation.
6. Jamil's teacher asks him questions regularly, slowly increasing degree of complexity to build his confidence.