

Activity: Pre-performance Nerves**Theme: Health and Wellbeing****Elements of dance: body, relationships**

Feeling nervous before a performance is normal. This is the stress hormone adrenaline at work. Once released through the body it increases blood pressure, stimulates the heart muscle, and accelerates it, thereby pumping blood quicker through the body. Our bodies produce adrenaline so that we can focus better at a crucial time. But when we worry too much about our performance, this hormone makes you feel keyed up, perhaps with “butterflies” in your stomach.

1. As a class, view the clip, *Nervous*, where Kat tells Miles “*I don’t do nervous*”. This means that usually she isn’t nervous but in this case she is. Ask the students why they think Kat is nervous.
2. Ask students to use **Student Activity Sheet E9.4: Pre-Performance Nerves** to reflect on a time when they were nervous. Have the students respond to the following questions:
 - a. What was the occasion?
 - b. How old were they?
 - c. What were they asked to do?
 - d. Why were they nervous?
 - e. How it felt and what were the symptoms?
3. Discuss with students or ask them to research strategies for pre-performance nerves. List some strategies and share them with the rest of the class. Some strategies to start with may be: be prepared, avoid caffeine and sugar, eat healthy food and keep hydrated, listen to calming music, warm-up quietly, do yoga or other relaxation activities, be conscious of breathing - take deep, slow breaths in and out and get enough sleep beforehand.
4. As a class, develop a sequence of strategies that the students could use before a performance to calm nervousness. Have them write a journal article giving advice to other young people on how to remain calm under pressure. Publish the articles as an ePublication to share with the rest of the school.

Activity: Pre-performance Nerves

Download

- Student Activity Sheet E9.4: Pre-Performance Nerves

Useful resources

- [Ausdance Factsheet 16, Caring for the dancer's body](#)
- [Ausdance Factsheet 11, Producing a dance performance](#)
- [Coach.net How to Maintain Focus Under Pressure](#)
- [Theatre people, Managing Stage Fright](#)
- [Wellbeing, How to beat performance anxiety](#)



NAME:

Student Activity Sheet: E9.4 Episode 9: Heartbeat
Activity: Pre- Performance Nerves Clip: Nervous

Pre-Performance Nerves

Describe an event when you were the most nervous you have ever been:

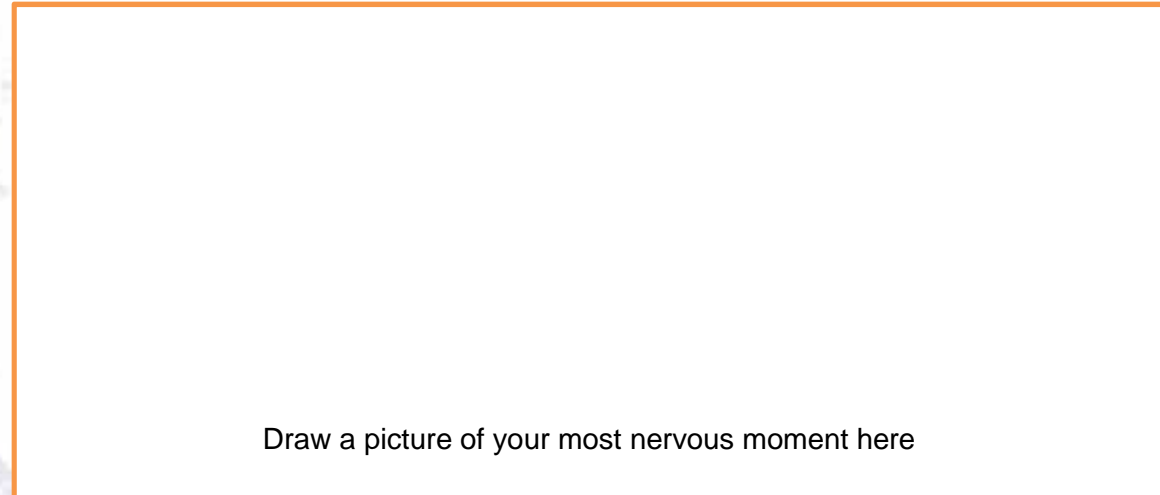
What was the occasion?

How old were you?

What were you asked to do?

Why did this make you nervous?

How did your body feel and what were the symptoms?



Draw a picture of your most nervous moment here