Idiom of the Month:
TO BREAK OUT IN A COLD SWEAT

By Sarah Gudgeon

1. Tick the things that a lot of people are scared of:
   a. snakes
   b. spiders
   c. flowers
   d. the dark
   e. flying
   f. speaking

2.
   a. Read

   I’m scared of spiders. I break out in a cold sweat every time I see one.

   Me too! I hate spiders. Urgh!

   b. Complete:

   I’m scared of ___________________________. I break out in a cold sweat every time I see one.

3. Class survey

   a. Ask six people this question:

   What makes you break out in a cold sweat?

   b. Record their answers:

   1.
   2.
   3.
   4.
   5.
   6.
c. Write up your results. Example:

In my class, one person breaks out in a cold sweat when she/he sees a snake on the television. Three other people break out in a cold sweat when they have to speak in public and two people when they have to get on a plane.
1. Tick the things that a lot of people are scared of: a, b, d, e, f