

# 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.



I. Tick the things that a lot of people are scared of: a, b, d, e, f