Topic: Overcoming Fear

Pictures given: Microphone, Stage, Piano keys

By Natalie, Primary 6 2016

“Find someone else, please... I can’t do this,” Sally pleaded her teacher, Mrs Lee.

“But we can’t find anyone else, you are the best,” Mrs Lee replied.

Sally was getting more nervous every second. She was supposed to play the piano while Rachel was going to sing. When Mrs Lee was choosing some students to perform for the Teacher’s Day concert, Sally was confident of playing the piano. It seemed like a bad idea now.

Sally peered out of the curtains and let out a tiny scream. She came to the hall for assembly every week. It always felt small and cozy. However, now as she looked out from the stage, she could see hundreds of people staring back at her. She hurriedly retreated to the backstage.

Rachel saw the expression on Sally’s face and comforted her. It was obvious that Sally was suffering from stage fright. Rachel herself had experienced stage fright. At that moment, Mrs Lee announced, “Here comes Sally who will be playing the piano and Rachel who will be singing!” There was a roaring applause from the teachers and students. Sally was shaking like a leaf and her legs almost gave way as she made her way to the stage. Rachel looked at Sally and gave her a nod of encouragement. She squeezed Sally’s hands which felt cold and clammy.

The moment Sally and Rachel stepped on the stage, the spotlight immediately, greeted them. The entire hall was decorated with balloons of different colours and there were spotlights changing colours and shining everywhere. The audience were whispering excitedly.

A lump was starting to form in Sally’s throat. The colour of her face drained completely. Hundreds of eyes bore into her. When Sally sat on the chair, the notes that she was supposed to play were washed clean off her memory.

“Rachel, help me! I’ve forgotten some of the notes!” Sally whispered frantically.
“Don’t worry, Sally. Play the first few notes and it will all come back to you. Trust me,” Rachel smiled at her. Sally did not really believe her but she was so desperate she clung on to every single word.

When the music started, Sally played the first few notes uncomfortably. True enough, the notes came back into her mind. Soon, the entire hall was filled with the melody of Sally’s piano and Rachel’s singing.

The performance ended and everyone in the school clapped louder for them than the rest of the other performances. Sally thanked Rachel for helping her on stage. Without Rachel, Sally felt that she could not have done it.

The performance made Sally overcome her stage fright. From then on, it was always a joy for Mrs Lee to have Sally and Rachel perform on stage for any special events.