

## Cold feet

"Cold feet" is used to describe a situation where someone becomes fearful or hesitant to do something that they were previously committed to, often due to nervousness or anxiety. It's a phrase that we often use when someone backs out of a situation at the last moment.

### Examples

1. Imagine you've signed up for the school talent show to perform your favourite song. But on the day of the show, you see the large crowd and suddenly start doubting your ability. You hesitate and think about not performing. That's what we call getting "cold feet".
2. Perhaps you've been studying for weeks for a big math exam. You know the material and you're well-prepared, but just before the test starts, you start worrying and think about asking the teacher if you can take the test another day. This is also getting "cold feet".
3. Let's say you are the class representative. You have to give a speech to the whole school, but you feel very nervous and consider stepping down from the role. This is another example of getting "cold feet".

### Where it comes from

The phrase "**cold feet**" has been used for a long time. We are not exactly sure of its origin, but some people think it might come from the literal feeling of having cold feet, leading to not wanting to move or act.

### Why it's important

"**Cold feet**" helps us to talk about the common human experience of being scared or nervous. We all feel this way sometimes, especially when faced with something new or challenging. Remember, it's perfectly normal to get "cold feet" sometimes. What's important is how we respond to it. Do we let our "cold feet" stop us, or do we push through the fear and do it anyway? And again, remember, it's perfectly okay to feel scared. Just take a deep breath, be brave, and try your best.