

WHAT ARE YOUR FEARS?

Watch the animated short [video](#) titled “Fears” by TheCGBros.

1 WARM UP

Task 1: Match the emotions from the box to the pictures.

sad

angry

excited

bored



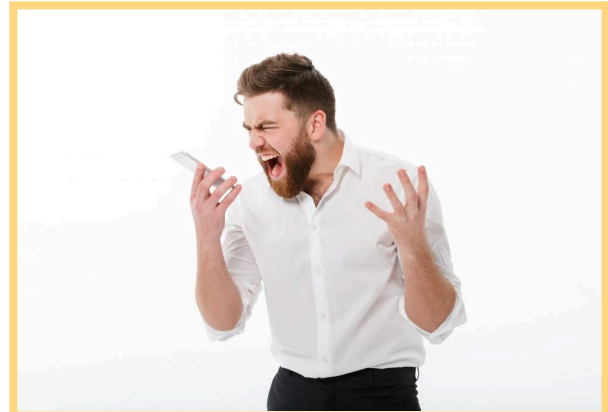
1. **excited**



2. **sad**



3. **bored**



4. **angry**

Task 2: Discuss the following questions as a class:

1. What other emotions can you name?
2. What emotions did you feel this week?
3. How can our emotions help us?



2 COMMON FEARS

Task 1: Match the common fears in the box with the pictures below.

public speaking
small spaces

flying
needles

rodents
heights

crowds
spiders



1. **Needles**



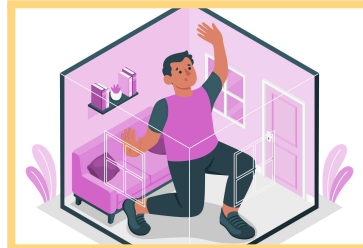
2. **Rodents**



3. **Flying**



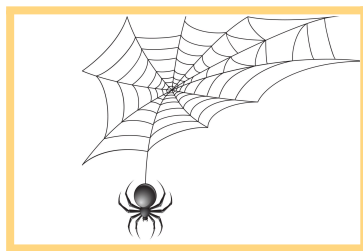
4. **Public speaking**



5. **Small spaces**



6. **crowds**



7. **Spiders**



8. **Heights**

Task 2: Discuss the following questions as a class:

1. Do you have any of these common fears?
2. What other fears do you know of?
3. Are there common fears in your culture?
4. How can our fears help us? How can fears hurt us?



3 FACING YOUR FEARS

Task 1: Read the dialogues below. Each person has experienced a situation where they had to face their fears. Match the fears from the box to the correct person.

small spaces

needles

flying

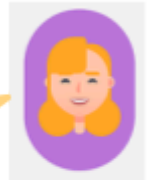
public speaking

John



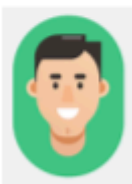
It is winter where I live. People often get ill in the winter. I need to go to the doctor for a flu shot. I hate getting shots! The doctor gives patients the flu shot by quickly inserting a needle into their arm. **Needles.**

Laura



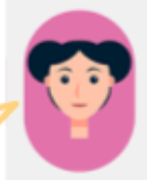
I am a university student. Today, I have to give a presentation to my class. I don't like speaking in front of the class! There are so many students in the class. **Public speaking**

Oliver



I just moved to a big city. I live at the top of a tall apartment building. I am afraid to use the elevator in my building! It is very small. It can only fit a few people at once. I hope I do not get stuck in the elevator. **Heights**

Beth



My cousin is getting married in a different country. I have to take an airplane to the wedding. I do not like the idea of being so high in the sky. I hope that it is a quick flight. **Flying**

Task 2: Discuss the following questions as a class:

1. What fear does Oliver have? Is there another way he can get to his apartment?
2. What is Beth's fear? Do you have the same fear?
3. Why do you think public speaking is a common fear?
4. What can you do to overcome a fear of needles?
5. Talk about a time when you faced one of your fears.
6. Do you have a fear that you want to overcome?



4 PAUL'S PRESENTATION

Task 1: Read the story about Paul's presentation.

Paul has always been a quiet person. He is most comfortable with his close friends and family. But when his boss asked him to give a presentation at the company meeting, he felt fear set in. Public speaking had always been his greatest fear. He was so nervous, he couldn't sleep for days!

As the day of the presentation got closer, Paul tried to calm his nerves by practising his speech over and over again. He practised speaking in front of the mirror and his pets. However, the fear of making a mistake in front of everyone did not go away.

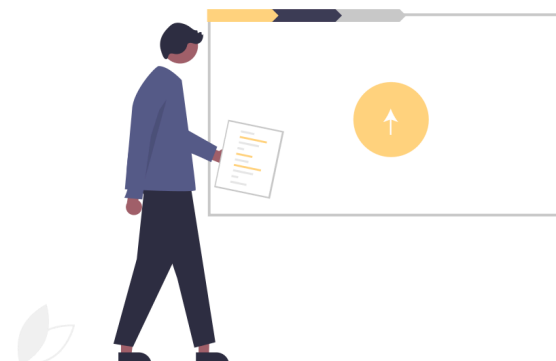
The morning of the presentation arrived, and Paul felt his heart racing. He took deep breaths and got ready to face his fear. When his time arrived, he walked to the front of the room. When he started to speak, his knees were shaking.

Paul noticed that the more he talked, the more confident he became. His coworkers listened closely. They smiled and nodded as he spoke. Paul realised that he was well prepared, and his fear slowly went away.

By the end of the presentation, Paul had overcome his fear of public speaking. All of his coworkers and his boss said that he did a great job. Paul learned that being prepared makes public speaking less scary.

Task 2: Decide if the following statements are true or false:

1. Paul was comfortable with his friends and family. **T**
2. Small spaces had always been his greatest fear. **F**
3. He practised speaking in front of his family and friends. **F**
4. Paul became more confident as he talked. **T**
5. Paul overcame his fear of flying. **F**
6. He learned that being prepared makes public speaking less scary. **T**



5 FEARS: VIDEO ACTIVITIES

Task 1: Watch the [video](#), then answer the questions below.

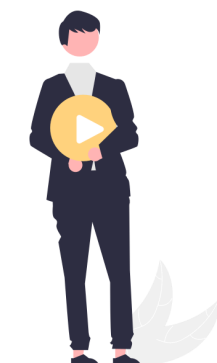
- What fears do you see in the video?
- What images show a fear of public speaking?
- What example in the video could be a fear of small spaces?
- What do the small black creatures represent?
- How is fear helpful at the end of the video?
- What do you think the message behind the video is?

Task 2: Correct the mistakes in the statements below.

- Many people **have** a fear of rodents.
- Flying on an aeroplane for the first **time** can be scary.
- He **is** afraid of small spaces and crowds.
- My biggest fears **are** spiders and rodents.
- He has a fear of needles so he **does** not like going to the doctor.
- Fear can help us **stay** away from danger.

Task 3: Select the correct answer to fill in the blank.

- She has a fear of **small spaces**, so she will not go in the elevator.
 - small spaces
 - needles
- He has a fear of **flying**, so he will not get on the aeroplane.
 - rodents
 - flying
- They have a fear of **heights**, so they will not climb the mountain.
 - heights
 - crowds
- I have a fear of **rodents**, so I will not touch the mouse trap.
 - rodents
 - needles



6 SYNONYMS AND ANTONYMS

Study the charts below for definitions and examples of synonyms and antonyms.

Synonym	Antonym
A word that has a meaning that is exactly, or nearly, the same as another word	A word that has the opposite meaning of another word

Example	Big	Great	Tasty	Pretty
Synonym	Large	Awesome	Delicious	Beautiful
Antonym	Small	Awful	Disgusting	Ugly

Task 1: Study the images below for synonyms and antonyms of the word fear.



1. Fright



2. Terror



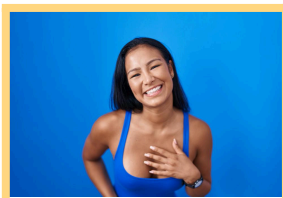
3. Horror



4. Dread



5. Joy



6. Delight

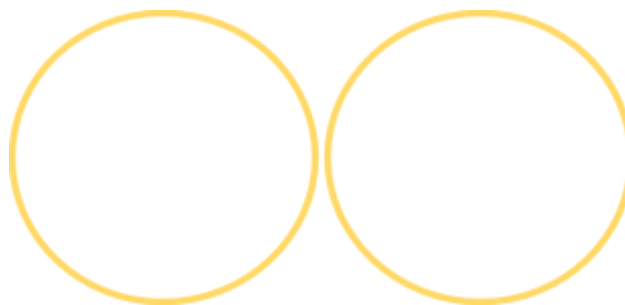


7. Happiness



8. Bliss

Task 2: Put the words from the pictures in the correct circle.



Synonyms of fear

Antonyms of fear



7 CHOOSE THE WORDS

Task 1: Complete the sentences by choosing the synonym of the underlined word.

1. I don't like haunted houses. They fill me with fear!
a. **terror** b. joy
2. He has a lot of fear about going to a new school next year.
a. bliss b. **dread**
3. They saw the spider and ran away in fear!
a. delight b. **terror**
4. My friend shook in fear when she saw the rodents.
a. **horror** b. happiness

Task 2: Complete the sentences by choosing the antonym of the underlined word.

1. I love spending time with my family. They give me so much fear!
a. terror b. **joy**
2. He gets a feeling of pure fear when he goes to the park.
a. **bliss** b. dread
3. It was such a fear to see them at the party on Saturday.
a. **delight** b. terror
4. Summer at the beach is a time of fear.
a. fright b. **happiness**



8 LET'S TALK: PICTURE ROUND

Task 1: Study the following images, then answer the questions.



1. _____



2. _____



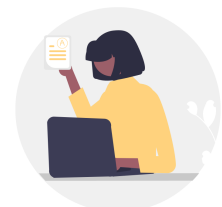
3. _____



4. _____

Task 2: Use the following questions to discuss the pictures above.

- What can you see in the pictures?
- How does each picture make you feel?
- Which gives you the most fear?
- Why do you think these are common fears?
- What can people do to overcome their fears?
- When was the last time you felt fear?
- Have you ever had to face a big fear? How did you feel afterward?
- What are some other common fears?



HOMEWORK

1 WRITING TASK

On a separate piece of paper, write detailed answers using the new words and ideas presented throughout the lesson.

1. What makes public speaking a common fear? How can people overcome it?
2. What do you think the scariest common fear is? Why?
3. Are you afraid of small spaces? Is there a specific small space you don't like?
4. Are you afraid of heights? What is the highest place you have been to?
5. Why is it important to face your fears?
6. Rodents and spiders are common fears. What other animals or bugs are scary?
7. What is scary about crowds? What situations usually have big crowds?
8. Do you like scary movies? What do you like about them?
9. Can fear ever be fun?
10. Are there fears you had as a child that you don't have anymore? What were they?





crowds
spiders

[illegible]