

## What are you scared of?

### Warm up:

- What are some common fears or phobias that people have?
- What are you scared of?
- Do you know anyone with an unusual phobia?
- Do you like horror movies? What's the scariest movie you have ever seen?
- What were you afraid of as a child?
- When was the last time you were scared?
- Do you think it is possible to "get over" a fear or phobia?



### 1. Match the pictures below to the words in the box

clowns

spiders

heights (sky diving)

sharks

needles

public speaking





2. How do you feel about the subjects in exercise 1? Use the sentences below to describe how you feel about them and any other subjects you can think of.

- a) I am terrified of .....
- b) I'm not afraid of .....
- c) ..... make me nervous
- d) I can't stand .....
- e) I'm a little bit scared of .....

**Adjectives about Fear**

Very often there are adjectives that describe how we feel, and adjectives that describe the thing that makes us feel that way.

Eg. *"I am so scared* (scared = how I feel). *This house is so scary*" (scary = the thing that makes me feel scared).



3. Put the adjectives in the box below in the correct category

scared	spooky	frightened	scary	terrifying
afraid	terrified	frightening	creepy	nervous

I feel...	This is .....



#### 4. Read the story below and choose the correct form of each word.

A few years ago I was riding my bike home from work on a quiet street late at night when I saw something very spooky / spooked / spooking. There was a woman riding a bike ahead of me who looked a little bit creeped / creeping / creepy. She was wearing a hood so I couldn't see her face, but I could see that underneath the arm of her sweater, something was moving. I was a little bit scared / scary / scaring because it was late at night, but I was also very curious. What was moving underneath her sweater?? I started to ride past her, and as I did I saw a snake come out of the sleeve of her sweater! I'm terrifying / terrified / terrific of snakes, and so I almost fell off my bike! The woman heard me shout, and she smiled at me and said "don't worry, he's just a pet!" Who the hell rides a bike at midnight with a pet snake in their sweater?! I panicked, and rode away as fast as I could without saying a word. Honestly it was so frighty / frightened / frightening. I stopped riding my bike to work.



Have you ever been in a spooky situation like the one in the story?



#### 5. Listen to the 3 people discussing their fears and answer the questions below.

##### Lauren

- Where does Lauren think her fear of dogs comes from?
- What type of dog is Lauren ok with?
- What does Lauren do when she sees a dog?
- What did Lauren's aunt do to try to help her get over her fear of dogs? Do you think that was a good idea?

##### Kirstie

- What is Kirstie scared of?
- Why did Kirstie's teacher shout at her classmate?
- Why does Kirstie need to learn Spanish?
- What does Kirstie worry about?

Tommy

- a) Why is being scared of crowds a particularly big problem for Tommy?
- b) What happened when Tommy went to the concert of his favourite band?
- c) What is Tommy doing to overcome his fear of crowds?
- d) What helps Tommy relax in a crowd?



6. Think of a fear that you or a person you know has and write a description. You should say what you are scared of, why you are scared of it, and when was the last time you saw or experienced this thing.

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