



Fear

1

Write down three things that cause you to feel **fear**.

- Now ask an adult what makes them afraid, and write down three of the things they say.

- Are you both afraid of the same things? If not, what are the differences?

2

Match these words related to **fear** with their meanings.

- mistrust a feeling of fear caused by a sudden sense of danger
- alarm a sudden feeling of distress
- terror a feeling that someone is not honest
- shock a very strong feeling of fear

3 Read the text on page 46 of the EMOTIONARY and answer the questions.

● When does fear appear?

● What is the difference between fear and terror?

● How can you define terror?

4 Match the words to their meanings.

- alert having power
- danger physically injured
- hurt the possibility that you will be hurt
- control watchful, especially in the face of danger

5 We are all afraid sometimes. Sometimes we are afraid to do something that is right, or something that is expected. Put the letters below in the correct order to make a word that means someone who is too afraid to do the right thing.

D O R C A W →

6 The black hole in the centre of your eye is called a **pupil**. But **pupil** also means student. Some words have more than one meaning. They are called homonyms. Find two meanings for each of the words below.

● *pride*

- a group of newborn animals, such as puppies
- spoken words that have magic power

● *fast*

- respect for yourself
- quick

● *litter*

- rubbish that has been thrown on the ground
- a group of lions

● *spell*

- a period of not eating
- to say the letters of a word in order

7 What happens to your body when you experience **fear**? Read the text on page 46 of the EMOTIONARY again and correct the sentences.

● Your pupils shrink so that you can't see.

● Your heart pumps more blood to your throat so that you can scream.

8 Find two words in the text which means the same as the words below:

flee

escape

beat it

● Which of the expressions above is slang?

9 Read the situation below. Then tick the sentence which best summarises it.

When I was little, I was afraid that our house would be flooded. I even had nightmares about it. I told my dad, and he explained why it was very unlikely that our house would flood and we discussed what we would do if it ever did happen.

Lucy

- Lucy should always tell her dad when she feels fear.
- Lucy got over her fear by talking about it.
- Lucy avoids situations that make her feel afraid.

10 Ask someone who knew you when you were young what you used to be afraid of, and write the things below.

- Have you got over any of these fears? How did you do it? If you don't know, ask the person who told you about the fear.

11 Look at the picture on pages 46 to 47 of the EMOTIONARY and answer the questions.

● What is the scarecrow thinking?

● Do you think he is afraid? If so, what is he afraid of?

12 Imagine you are in the field on pages 46 to 47 of the EMOTIONARY. Would you be afraid? If so, what of? What would you do?
