





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

Open answer

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

Open answer

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

Open answer

- 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





- Read the text on page 46 of the EMOTIONARY and answer the questions.
 - When does fear appear?

Fear appears when we think we're going to get hurt.

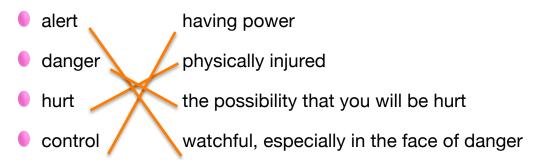
What is the difference between fear and terror?

Fear can help you stay alert in the face of danger, but terror is stronger: it paralyses you and stops you from thinking clearly.

How can you define terror?

Sample answer: Terror is a very intense type of fear.

4 Match the words to their meanings.



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.

DORCAW → COWARD





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.

a group of newborn animals, such as puppies
spoken words that have magic power
respect for yourself
quick
rubbish that has been thrown on the ground
a group of lions
a period of not eating
to say the letters of a word in order

- 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 pupils dilate to let in more light.

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

Your heart pumps more blood to your legs so you can run away.

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

flee escape beat it

run away

Which of the expressions above is slang?
beat it





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 got over her fear by talking about it.
- Lucy avoids situations that make her feel afraid.
- Ask someone who knew you when you were young what you used to be afraid of, and write the things below.

Open answer

• 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.

Open answer





- Look at the picture on pages 46 to 47 of the EMOTIONARY and answer the questions.
 - What is the scarecrow thinking?

Sample answer: The scarecrow might be thinking that it's cold and dark in the field. It's night time and he'd probably like to move if he could.

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

Sample answer: He looks afraid. He might be afraid of the dark and the crow in the tree.

1 2 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?

Open answer





NOTES





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The EMOTIONARY worksheets belong to the *Say What You Feel* series. For more information on the series, further worksheets and other supplementary materials, please go to www.palabrasaladas.com/f/emo_eng.html