



# Fear

**1** 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

**3** 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.

- |           |  |
|-----------|--|
| ● 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 → C O W A R D

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 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.

8

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

- 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 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.

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

**11** 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.

**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?

Open answer



# Fear

## 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](http://www.palabrasaladas.com/f/emo_eng.html)