



FEAR

"Fear leads to anger. Anger leads to hate. Hate leads to suffering."

Yoda, Jedi master

1. Fear Discussion

1. What are some common fears people have?
2. What are the scariest animals?
3. What are animals afraid of?
4. Who are some scary people?
5. What are some scary situations people find themselves in?
6. Why do you think we feel fear? Does fear have a purpose?
7. What is your biggest fear for the future of the world?
8. Do you think being scared is fun?

2. Fear Vocabulary

- **to jump out of one's skin** (verb phrase) – *to be suddenly surprised or scared.*
- **to scare the living daylights out of someone** (verb phrase) – *to cause someone an incredible fright.*
- **to shake like a leaf** (verb phrase) – *to be so scared that you shake or tremble (often figuratively).*
- **to quake in one's boots** (verb phrase) – *to be so scared that you shake or tremble (often figuratively).*
- **scared out of one's mind/wits** (adjective) – *extremely scared or worried in response to a situation.*
- **scared stiff** (adjective) – *extremely scared of something.*

Using the vocabulary words above, complete the following sentences (remember to use the correct form of the word, e.g. verb conjugation or plural noun)

1. He was **shaking like a leaf/quaking in his boots** while he was waiting for the job interview.
2. Don't sneak up on me like that; you made me **jump out of my skin!**
3. I'm **scared stiff** of spiders.
4. Why didn't you come home last night or call? I was **scared out of my mind/wits** thinking something had happened to you!
5. When the robber pulled out his knife I was **shaking like a leaf/quaking in my boots.**
6. That film **scared the living daylights out** of me!

Fear vocabulary comprehension questions

1. When have you jumped out of your skin?
2. Have you ever scared the living daylights out of someone?
3. What situations make you shake like a leaf?
4. When were you left quaking in your boots?
5. Which animals scare you out of your wits?
6. What would you be scared stiff of doing?

3. Video: Why Being Scared Is Fun

You are going to watch a TED Ed video called "Why Is Being Scared So Fun?"

Watch the video here: <https://yourenglishtpal.com/blog/esl-conversation-lesson-plan-fear/>

Watch the video and answer the following questions

Multiple choice

1. How many people visited a haunted house in October 2015?
a) 24 million b) 26 million **c) 28 million**
2. What triggers our fight or flight response?
a) a thread **b) a threat** c) a clown
3. Chemicals released in the brain when we are scared can help...
a) survival b) extinction c) strength
4. Chemical released in the brain when we are scared stop us feeling...
a) emotions b) happy **c) pain**

Sentence completion

5. In a dangerous situation, we are focused on **survival**.
6. When we face no danger, we can enjoy the **natural high** of being scared.
7. Differences in the way chemicals associated with threat response work explain why some people drawn towards thrill-**seeking** than others.
8. This also explains why some people enjoy haunted houses but become genuinely scared in an actual **cemetery**.

Short answer

9. Doing things we're afraid of can boost our what? **Self-esteem**
10. When we finish a challenge, we receive a sense of what? **Accomplishment**
11. Those who knew when to fight and when to run received with which reward? **Survival, new food, new lands**
12. Where are things that trigger a strong feeling of fear stored? **In our memory**

4. Fear Conversation Questions

1. Are you a thrill-seeker? Have you taken part in any extreme sports/activities?
2. What activities have you done that were terrifying? How did you feel after?
3. What activities would you like to do, but are too scared to do?
4. Do you enjoy horror movies? How do they make you feel?
5. What are the scariest horror films you've seen?
6. Do you enjoy amusement/theme parks? What are your favourite attractions?
7. Would you stay overnight in a house that was said to be haunted?
8. Would you like to do any of the following activities: bungee jumping, skydiving, SCUBA diving, white water rafting, cliff jumping? Why or why not?

5. Fear Writing Task

Write about why we like to be scared. Try to use some of the vocabulary you learned earlier in this lesson. In your answer, include the following topics:

- Some fun experiences you had when you were scared.
- Why you think we like being scared.
- Some scary activities you would like to try.

Alternative exam essay question

Making people scared is a billion-dollar industry, whether the activity is riding a rollercoaster or jumping out of a plane. Why do people like to be scared? Where does this desire come from?