



# The Psychology of Fear (A1)

## A. WARM-UP QUESTIONS

1. What scares you but probably shouldn't?
2. Are scary movies fun or stressful for you?
3. What helps you calm down quickly?
4. What is a fear you overcame? How?
5. Is fear useful? When and how?

## B. VOCABULARY PREVIEW

Match up as many words and meanings as you can. (Definitions are shuffled.)

- |                  |                                      |
|------------------|--------------------------------------|
| ___ 1. afraid    | a. to go where others cannot see you |
| ___ 2. brave     | b. the sound your heart makes        |
| ___ 3. dark      | c. wet from heat or fear             |
| ___ 4. noise     | d. quiet and relaxed                 |
| ___ 5. safe      | e. not in danger                     |
| ___ 6. danger    | f. with little or no light           |
| ___ 7. heartbeat | g. to take air in and out            |
| ___ 8. sweaty    | h. not afraid; ready to face danger  |
| ___ 9. run       | i. to move quickly using your legs   |
| ___ 10. hide     | j. feeling fear                      |
| ___ 11. calm     | k. a loud or sudden sound            |
| ___ 12. breathe  | l. the chance of being hurt          |

## Reading

### The Body's Alarm

#### Simple ways to feel okay

1. Fear is the body's built-in warning system. When danger feels close, your heart beats faster, your hands get sweaty, and you may want to run or hide. This reaction helps protect you by preparing your body to respond quickly. But sometimes, fear shows up when there's no real danger. One helpful trick is to name what you're feeling—just saying "I'm scared" can start to lower the intensity. With practice, calming yourself becomes easier the next time fear appears. Kind self-talk, like telling yourself "I can handle this," is not just a nice idea—it's a real tool for managing emotions.
2. Sometimes the alarm goes off too loudly. A dark room or a sudden noise can feel much bigger than it really is. In these moments, it helps to pause and look around. Ask yourself, "Am I truly in danger right now?" If the answer is no, take a deep breath and tell your body to slow down. Naming the emotion helps your brain and body work together to relax. The more often you practice calming skills, the better you'll be at keeping fear in check.
3. Bravery is not the absence of fear—it's learning to move through it. Simple steps like breathing slowly, counting to ten, or going to a place that feels safe can make a big difference. Remember that fear usually fades with time, especially when you meet it with patience instead of panic. By practicing self-awareness and kindness toward yourself, you can turn fear from a controlling force into a passing signal that you know how to handle.

## COMPREHENSION

1. How does the body react when fear appears?
2. Why can naming a feeling help reduce fear?
3. What question should you ask yourself when you feel afraid in a safe place?
4. What are two strategies mentioned for calming fear?
5. How does the text define bravery?

## VOCABULARY REVIEW

1. Turn on the light; it's too \_\_\_\_ in here.
2. My hands get \_\_\_\_ before a test.
3. I feel \_\_\_\_ when I am with my family.
4. Her \_\_\_\_ was very fast after the race.
5. Let's \_\_\_\_ and talk quietly.
6. If you feel scared, take a deep \_\_\_\_.
7. He is \_\_\_\_ of spiders.
8. The baby cried after a loud \_\_\_\_.
9. You don't have to \_\_\_\_; you are safe now.
10. I want to be \_\_\_\_ and try new things.

## GRAMMAR REVIEW - CAN/CAN'T; THERE IS/THERE ARE

1. You \_\_\_\_ (can) call me when you feel afraid.
2. There \_\_\_\_ (be) a cat under the bed.
3. We \_\_\_\_ (can't) see in the dark without a light. 4. There \_\_\_\_ (be) two safe exits in this room.
5. You \_\_\_\_ (can) be brave and ask for help.
6. There \_\_\_\_ (not/be) any danger here.
7. I \_\_\_\_ (can) breathe slowly and feel calm.
8. There \_\_\_\_ (be) many ways to relax.
9. You \_\_\_\_ (can't) run forever; stop and rest. 10. There \_\_\_\_ (be) a quiet park near my home.

## DISCUSSION

1. What helps you feel safe at home?
2. How do friends help when you are afraid? 3. What sounds scare you? Why?
4. Where do you go to feel calm?



## CRITICAL THINKING

Make a short plan for a 'calm kit.' List five things you can do when you feel afraid.