Fears & Phobias



Learn these words:

instantly	мгновенно
come true	зд.сбыться
department store	универмаг
melt away	исчезать
embarrass	смущать
enclosed	закрытый
fight one's fears	перебороть страхи
freeze	замереть, застыть
human emotion	человеческая эмоция
injection	укол, инъекция
miss out on	зд. избегать

Learn these words:

instantly	мгновенно
come true	зд.сбыться
department store	универмаг
melt away	исчезать
embarrass	смущать
enclosed	закрытый
fight one's fears	перебороть страхи
freeze	замереть, застыть
human emotion	человеческая эмоция
injection	укол, инъекция
miss out on	зд. избегать

Check these words:

instantly	
come true	
department store	
melt away	
	смущать
	закрытый
	перебороть страхи
	замереть, застыть
human emotion	
injection	
miss out on	



Common fears

Heights **Thunderstorms** The dark **Spiders** Bees, wasps & snakes Flying Going to the dentist **Needles** (injections) Being alone Taking exams Making public speech





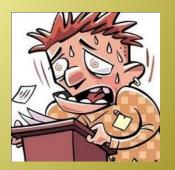




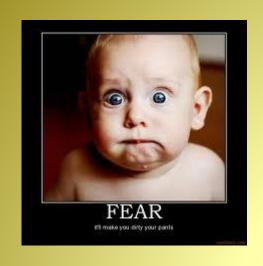








 Open your books p.107 read the text, then do ex.6p.106



What is Fear?

Fear is one of the most basic human emotions. We need it to survive.

Fear helps protect us. It can be like a warning, a signal for us to be careful.

The brain reacts instantly on danger, sending signals that activate the nervous system.

Blood pumps to muscle groups to prepare the body for physical reaction – *Fight or flight*



What is a phobia?

A phobia is an intense fear reaction to a particular thing or situation.

Some phobias develop when someone has a scary experience and every time a strong fear reaction is triggered.

Having a phobia isn't a sign of weakness or immaturity. It's a response of the brain In an attempt to protect the person.

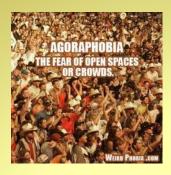


















Fears and Phobias

- Agoraphobia
- Claustrophobia
- Acrophobia
- Mysophobia
- Xenophobia
- Arachnophobia
- Aviophobia
- Brontophobia















Agoraphobia

Agoraphobia is a fear of being in crowded places or open spaces









Claustrophobia



Claustrophobia is a fear of being in enclosed spaces



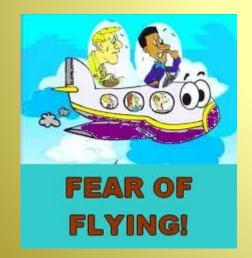


Aviophobia





Aviophobia is a fear of flying





Acrophobia

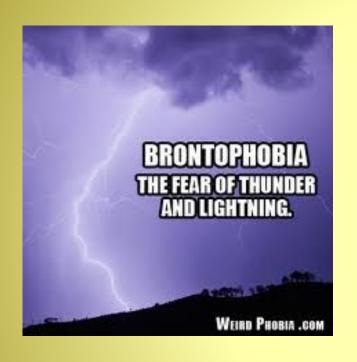




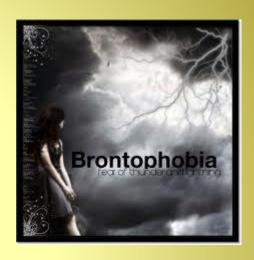




Brontophobia













Arachnophobia

Arachnophobia is a fear of spiders









Learn these idioms.

be green with envy	позеленеть от зависти
be over the moon	быть безмерно счастливым
be scared to death	быть напуганным до смерти
go bright red	краснеть (от стыда)
go through the roof	сильно разозлиться
have a long face	выглядеть несчастным
have butterflies in one's stomach	сильно нервничать

Overcoming phobias



People can learn to overcome phobias by gradually facing the fears.

As somebody gets used to a feared object or situation, the

brain adjusts how it responds and the phobia is overcome.

Today at the lesson....

- l've learnt.....
- I've understood that...
- It's been interesting to know....
- I've been impressed by the fact that....
- It's been difficult to...



- P.64 ex 1-4 (WB)
- Write a story about your fears and phobias (100-120 words)in your copybooks
- Презентация и задания рассчитаны на 2 урока