Resource Activities 6

Vocabulary

- **Feelings**

1 Match the antonyms.

1	shy	a	calm
2	sick	b	unsurprised
3	bored	c	reasonable
4	anxious	d	fearless
5	shocked	e	interested
6	terrified	f	certain
7	confused	g	confident
8	irrational	h	healthy

- **Idioms**

2 Choose the correct item.

1 A: Hattie, you look as white as a **sheet/snow/sheep**! What's wrong?
B: There's a huge spider behind you!

2 A: Are you nervous about your job interview on Monday?
B: Yes, I get **moths/flies/butterflies** in my stomach just thinking about it!

3 A: I'm a bit upset with Francis. She refuses to come to my party.
B: I wouldn't take it personally. She's scared **shy/stiff/sick** of large crowds.

4 A: I'd better put Rover in the garden before Tom arrives.
B: Good idea. He jumped out of his **skin/bones/shoes** the last time a dog approached him.

5 A: Is this a horror film?
B: Yes, it's so scary that your hair will be **freezing/shivering/standing** on end!

- **Fears & Phobias**

3 Choose the odd word out.

1 insect / bug / creepy crawly / animal
2 mosquito / fly / tarantula / moth
3 counsellor / dentist / therapist / psychologist
4 poison / venom / medicine / germ

4 Replace the words in bold with: *lower*, *confidence*, *harm*, *therapy*, *venomous*.

1 Polly is getting **treatment** for her phobia from a psychologist.
2 Ted was terrified of all the **poisonous** creatures in the Australian outback.
3 The worst thing about a social phobia is its effect on your **self-esteem**.
4 Philip tries to **reduce** his anxiety by doing regular exercise.
5 I know they can't **hurt** me, but I'm really scared of moths!

5 Choose the correct item.

1 An intense fear of flying is a very ..... problem these days.
A regular **C** natural
B common **D** usual

2 Jane finds it ..... to control her emotions whenever she travels by plane.
A impossible **C** unimaginable
B improbable **D** irrational

3 When Jenny saw the needle, she ..... and fell to the floor.
A startled **C** fainted
B froze **D** scuttled

4 It's important for the patient to ..... quickly to treatment.
A respond **C** reply
B react **D** answer

5 If you don't control your fears, you'll never ..... control of your life.
A earn **C** regain
B obtain **D** win

6 Match the words to form collocations.

1	public	a	response
2	exposure	b	controller
3	closed	c	therapy
4	natural	d	speaking
5	pest	e	attack
6	panic	f	space

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LIVEWORKSHEETS

Resource Activities 6

Grammar

- **a/an – the**

1 Fill in: *a/an*, *the* **or** –.

It's Deadly Down Under!

For **1)** ..... people who have **2)** ..... phobia of spiders or insects, Australia is probably not **3)** ..... wise holiday destination. **4)** ..... country is famous for being **5)** ..... home of **6)** ..... enormous range of creepy crawlies, as well as **7)** ..... number of bigger dangerous animals like **8)** ..... saltwater crocodile. While **9)** ..... unique landmarks like **10)** ..... Sydney Opera House attract thousands of tourists every year, stories of its dangerous animals keep **11)** ..... others away for life!

- **Some/any/no/every compounds**

2 Choose the correct item.

1 I've looked **everywhere/somewhere** for my pet snake but I can't find it **nowhere/anywhere**!
2 Can I bring you **anything/nothing** from the shop? Maybe you'd like **anything/something** to drink?
3 Why don't you talk to **anybody/somebody** about your fear? A therapist might be able to give you **any/some** advice.
4 There's **someone/everyone** stuck in the lift! Does **somebody/anybody** know where the security guard is?

- **Modals/Deductions**

3 Rewrite the sentences using the *modals* in the list.

• might • could • mustn't • was able to • must • can't

1 **You're obliged to** wear a safety helmet at all times.
.....
2 **Is it OK for me to** use your phone? It's an emergency.
.....
3 **It's against the law to** park your car here.
.....
4 Greg **managed to** sleep once the storm had passed.
.....
5 **It's possible** there'll be a power cut because of the storm.
.....
6 She's been skydiving so **I'm sure she isn't** scared of heights!
.....

4 Choose the correct item.

1 Tina ..... have been a dancer but she decided to study psychology instead.
A could **B** must **C** may **D** can

2 There ..... be something wrong with Bill; he's suddenly gone very pale.
A ought to **C** must
B can **D** should

3 Ann ..... have been swimming because her hair is dry.
A mustn't **C** shouldn't
B can't **D** wouldn't

4 You ..... install an alarm system; it will help you get over your fear of getting burgled.
A had to **B** ought **C** may **D** should

5 ..... I keep my shoes on, or do you prefer guests to take them off at the door?
A Would **B** May **C** Might **D** Ought

Key word transformations

5 Use the words in bold to complete the second sentence so that it means the same as the first.

1 Feeding the animals in the zoo is forbidden. **FEED**
You .....
..... the animals in the zoo.

2 It wasn't necessary for you to cancel the trip! **HAVE**
You .....
.....the trip!

3 I suggest you see a dentist tomorrow. **OUGHT**
You .....
..... a dentist tomorrow.

4 I'm sure we don't have rats in the house. **ANY**
There .....
..... rats in the house.

5 Shall I get you a glass of water? **ME**
Would .....
..... you a glass of water?

6 Must we drive down that dark road? **HAVE**
Do ..... that dark road?

7 Perhaps she felt shy around so many new faces. **MAY**
She .....
..... around so many new faces.

8 Phil couldn't swim until he was in his thirties. **ABLE**
Phil .....
..... swim until he was in his thirties.

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LIVEWORKSHEETS

Resource Activities 6

Everyday English

Replace the underlined phrases in the dialogue with ones from the list.

- that must be horrible
- great suggestion
- perhaps you should
- is something the matter
- maybe I will

A: Hi, Ian, **1)** what's wrong? You look very pale.
B: Hello, Lisa. I have a dentist's appointment this afternoon, and I'm really not looking forward to it.
A: I see. **2)** That can't be easy.
B: It must be a phobia. I feel sick just thinking about it!
A: Why don't you cancel the appointment then? **3)** You could just go another time.
B: No, I have a toothache and I can't cope with the pain any longer.
A: **4)** I think I should come with you then.
B: That would be great. I need the support. And you could get a check-up, too!
A: **5)** That's not a bad idea!

Word Formation

Use the word given in capitals to form a word that fits in the gap.

1 Leave on the light for Ian; he feels .... sleeping in complete darkness. **(COMFORTABLE)**
2 What ..... do you recommend for a phobia of open spaces? **(TREAT)**
3 A phobia is an intense and .... fear of an object, activity or situation. **(RATIONAL)**
4 Jenny quickly became .... when her friend didn't arrive on time. **(PATIENT)**
5 I apologise for being so .... about your phobia. **(SENSITIVE)**
6 Ted is ..... overcoming his fear of heights. **(GRADUAL)**
7 Social anxiety is a(n) .... problem that has nothing to do with disliking people. **(UNDERSTOOD)**
8 It was .... of you to leave your sister alone in the stadium. **(RESPONSIBLE)**

Phrasal Verbs

Choose the correct particle.

1 Keep **away**/**off** from the edge of the cliff.
2 Mary couldn't keep **in**/**up** with the group's conversation.
3 Kate wears a face mask because she's scared of coming **down**/**out** with a flu.
4 Don't give **away**/**up** hope! You can get over your phobia and lead a normal life.
5 Despite being nervous beforehand, Tina went **through**/**out** with the performance.
6 The burglar ran **away**/**along** when he heard the police car approaching.
7 They closed the window to keep **from**/**out** the cold wind.
8 Stan felt very scared as the plane began to take **away**/**off**.

Prepositions

Fill in: *to* (x2), *of* (x2), *on*, *in*.

1 I can't believe you travelled on a plane! I'm so proud …… you!
2 Greg has always avoided jobs that require him to speak …… public.
3 Before you start your speech, focus …… taking deep slow breaths.
4 Compared …… a few weeks ago, Rachel seems far more relaxed now.
5 Joe cleans his hands a lot because he has a fear …… germs.
6 Ann reacted …… the news with disbelief.

Writing

Read the rubric and complete the writing task.

This is part of an email your English-speaking friend, Becky, has written to you.

There's a tennis competition coming up at school. I'm the best player in the school, so everyone thinks I will win. But now I'm terrified of losing! What if I end up embarrassing myself in front of everyone at school? Do you think I should enter?

Write an **email** (120-160 words).
In your email:
- sympathise with Becky
- give advice about how she can cope with her fear

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Resource Activities 6

Reading

Read the text and match the headings (A-E) to the paragraphs (1-4). There is one extra heading.

A	The Solution is Near
B	Chemical Reactions
C	Unique to the Species
D	A Symptom of Stress
E	A Serious Problem



Facing up to Blushing

1 ☐

Have you ever been in an uncomfortable social situation and turned bright red in the face? This phenomenon is called blushing and it results from various kinds of everyday emotional anxiety such as embarrassment, shame or shyness. Blushing is generally more common in women and young people but it can happen to anyone, at any time. And once it starts, there's little you can do to control it.

2 ☐

So, what exactly happens when we blush? When we feel stressed, our bodies release adrenaline into the blood. Adrenaline is known as the 'flight or fight' hormone – a substance that helps us deal with difficult or dangerous situations. So, for example, being involved in an argument or spotting a deadly snake could cause the body to pump adrenaline around our bodies. One effect of this is that the veins in our faces widen, meaning more blood rushes to the surface of the skin, causing it to become red and hot.

3 ☐

Severe and frequent blushing is common in people who suffer from social anxiety. For people with this condition, even harmless personal or professional interactions can cause intense blushing. And, the fact that they are blushing can make such people feel even more embarrassed about the situation they are in. For some people, their tendency to blush can be the main reason behind them avoiding social contact as much as possible.

4 ☐

What then is the reason behind blushing? After all, turning red in the face doesn't seem to help us deal with stressful situations and often makes them worse! The famous scientist Charles Darwin, for example, couldn't find any explanation, describing blushing as "the most peculiar of all expressions", and even today, scientists have yet to offer a definite answer. One thing we know for sure, though, is that no animal blushes. Blushing is something that makes us all human, so maybe we should celebrate it rather than be ashamed of it.

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Pairwork Activities 6

Student A

Work with Student B. Ask questions to find out information about a patient.

Blue Skies Clinic



Patient Record: Kate Davies

Condition: phobia of spiders

Specific problems: difficulty sleeping, avoids time in nature

Symptoms of condition: sweating, trembling, fainting

Treatment: exposure therapy

Appointment: Mondays - 10 am

Larry Jennings

- What/condition/have?
- What/specific problems/have?
- What/be/symptoms?
- What/treatment/receive?
- When/weekly/appointment?

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Pairwork Activities 6

Student B

Work with Student A. Ask questions to find out information about a patient.

Blue Skies Clinic



Patient Record: Larry Jennings

Condition: social anxiety

Specific problems: public speaking, being in crowds

Symptoms of condition: panic attacks, low self-esteem

Treatment: hypnotherapy

Appointment: Thursdays - 11 am

Kate Davies

- What/condition/have?
- What/specific problems/have?
- What/be/symptoms?
- What/treatment/receive?
- When/weekly/appointment?

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Portfolio Activities 6

Name: ..... **Date:** ..... **Class:** .....

Find information about unusual phobias that you have never heard of before. They can be phobias of anything, but they must be real! Then, choose three and write about them. What is it about these objects, activities or situations that people find so uncomfortable and how do they respond when they come face-to-face with them? How do they cope with their phobias? Include pictures.

YOU'RE AFRAID OF WHAT?!

Attach a picture here

Fear of .....
Scientific name: ..... *phobia*
.....
.....
.....
.....
.....
.....

Fear of .....
Scientific name: ..... *phobia*
.....
.....
.....
.....
.....
.....

Attach a picture here

Attach a picture here

Fear of .....
Scientific name: ..... *phobia*
.....
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Game 6

Divide the class into two groups. Each group has a small box with a different set of problem cards. You can use the ones below or you can prepare your own. A student from group A picks up a card from group B's box and reads it out. Students from group B need to come up with three sentences using three different modals in response to the situation. If they do so, they score 1 point. Then, the other group repeats the same process. If students cannot make three correct sentences, they lose 1 point. The first team to score 8 points wins!

I have a terrible headache.	There's a spider in my bedroom!	I'm too shy to talk to people at parties.	I'm scared of the dark.
My new classmates don't speak to me.	I have an interview tomorrow and I'm terrified.	There's been a power cut in my house.	I always feel really lonely.
My teenage brother seems unhappy.	I want to go on holiday but I have a fear of flying.	I don't sleep well at night.	I've got a phobia of cats.
I'm terrified about giving a speech tomorrow.			

Example:
"You should practise in front of the mirror."
"You could ask your friends to help you prepare."
"You ought to write a list of prompts to help you remember what to say."

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