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| Listening  Speaking  Reading  Grammar  Writing | | | |
| **Topic: Frightening Phobias** | | | |
| Instructor:  Sunny | **Students Competency Level**  **Upper Intermediate** | **Number of Students:**  **13** | **Lesson Length:**  **55 min** |
| Materials:**(List the Names of all materials used in the lesson. Materials must be shown at the end of this document)**  Different Types of Phobia Information Sheet  Different Pictures of Phobia Situation Sheet  Reading Text ‘Frightening Phobias’  Reading Comprehension Worksheet | | | |
| Aims:**(What students will be able to achieve by participating in the activities of the lesson. (Ss gain or get by doing…)**   * Ss will be familiar with key vocabulary through Teacher’s explanation and C.C.Q * Ss will improve reading, speaking and listening ability by sharing ideas in a group. | | | |
| Language Skills:**(Lists what activities language skills students will be using by participating in the activities of the lesson.)**   * Reading: **(Where did reading occur in the lesson?)**   Reading text ‘Frightening Phobias’   * Listening:**(Where did listening occur in the lesson?)**   Listening to other students’ ideas, teacher’s instruction   * Speaking: **(Where did speaking occur in the lesson?)**   Sharing ideas in a group, discussion   * Writing: **(Where did writing occur in the lesson?)** Answering questions | | | |
| Language Systems: **(Lists what language systems students will be using by participating in the activities of the lesson.)**   * Phonology: **(sound)**   Teacher talk, discussion   * Function:**(situation)**   Different types of phobias   * Lexis: **(meaning)**   Vocabulary about phobias   * Grammar:**(language structure)**   Present tense   * Discourse: **(communication)**   Comprehension questions and discussion | | | |
| Assumptions:**(What students must already be able to do and what concepts must already be mastered before the lesson in order to achieve the aims of the lesson.)**  Ss are used to working individually and in groups of 3~4.  Ss are aware of common types of phobias. | | | |
| Anticipated Errors and Solutions:**(What things might go wrong in the lesson and what the solution will be. An SOS activity should also be included)**   * If Ss may not understand the reading text ☞ Solution: T explains more * There may not be enough time to complete the lesson ☞ Solution: Assign the post activity task as a homework assignment or do it next class * If Ss finish the main tasks earlier ☞ Solution: Let Ss make more comprehension questions and ask each other | | | |
| References:  Reading text ‘Frightening Phobias’ from Subject Link L9 textbook | | | |

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| **Lead-Inor Pre-Task Part (Warm-Up Part to activate and create interest in the lesson.)** | | | |
| Materials: **(List the Names of all materials used in the Lead-Inor Pre-Task Partof the lesson. Materials must be shown at the end of this document) 6 minutes** | | | |
| **Time:** | **Classroom Set Up:** | **Student Activity and Goals:** | **Teacher Procedure &Instructions:** |
| 1 min  4 min | Wh  Wh | Greet T  Listen to T  Ss share their own experiences. | Greet Ss  T tells Ss about personal experience of apiphobia.  T asks Ss if they have certain types of phobia or are scared of certain things. |

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| **Pre-Activity or Task Familiarization Part (Presentation Part Presenting the language structure to be covered in the lesson. Prepares students for the communication activity.) 10 minutes** | | | |
| Materials: **(List the Names of all materials used in the Pre-Activity or Task Familiarization Part of the lesson. Materials must be shown at the end of this document)**  Different Types of Phobia Information Sheet  Different Pictures of Phobia Situation Sheet | | | |
| **Time:** | **Classroom Set Up:** | **Student Activity and Goals:** | **Teacher Procedure &Instructions:** |
| 8 min  2 min | G | Ss read the information sheet and communicate with the group members to find out the right answer for each picture.  Check the answer | T divides Ss into 3~4 groups and hand out Different Types of Phobia Information Sheet and Different Pictures of Phobia Situation Sheet.  T tells Ss to read the information sheet and try to figure out what phobia is for each picture.  Check the answers together |

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| **Main Activity or Task Realization Part(Practice to Production PartTeacher lead practice of the language presented and move to communication based more student centered activity)** | | | |
| Materials: **(List the Names of all materials used in the Main Activity or Task Realization Partof the lesson. Materials must be shown at the end of this document) 25 minutes**  Reading Text ‘Frightening Phobias’  Reading Comprehension Worksheet | | | |
| **Time:** | **Classroom Set Up:** | **Student Activity and Goals:** | **Teacher Procedure &Instructions:** |
| 25 min | G | Ss answer the guiding questions  Ss read the text  Ss work on Reading Comprehension worksheet.  Ss write questions. | T asks the Guiding Question.   * What is your biggest fear for yourself? (height / insects / dark / flying/ germs / afraid to die) * Talk about something you were very scared of when you were young but not anymore. * etc   T hands out ‘Frightening Phobia’ story.  Let Ss read the story.  T hands out Reading Comprehension Worksheet.  Ss will answer the questions and also create 3 questions about the story. |

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| **Post Activity or Post Task Part (Wrap-Up PartClose the Lesson on a high note to and consolidate language learned in a communication based activity new situation.) 15 minutes** | | | |
| Materials: **(List the Names of all materials used in the Post Activity or Post Task Part of the lesson. Materials must be shown at the end of this document)** | | | |
| **Time:** | **Classroom Set Up:** | **Student Activity and Goals:** | **Teacher Procedure Instructions:** |
| 15 min | G | Ss will talk with group members and write down their ideas.  Present in front of their peers. | T asks Ss to choose one of phobias from Different Types of Phobia Information Sheet and Ss will discuss with the group members how to help someone with that phobia. Then Ss will write down their opinion and do the presentation. |



**Frightening Phobias- Dealing with troublesome fears**

Nobody likes to be afraid, but fear is a natural human response. Believe it or not, fear actually helps us survive. Without fear, people would not know to avoid dangerous situations. The people who feared dangerous situations throughout human history survived and passed these genes on to their descendants. While fear is needed to survive, some fears can be harmful.

Extreme fear of a certain thing or situation is known as a phobia. Phobias make people more afraid of potentially dangerous things or situations than they should be. For example, someone with a phobia of water may rarely wash their hands or drink water. On the other hand, a person with a phobia of germs may spend countless hours a day washing. Overall, phobias cause so much fear in a person that it interferes with his or her normal life.

There are many kinds of phobias. One very common kind of phobia is social phobia. A person with social phobia is afraid to be embarrassed in front of others. Having social phobia makes it very hard for people to make friends or even talk to other people. Claustrophobia is another common type of phobia. People with claustrophobia are afraid of compact spaces. A person with claustrophobia may avoid elevators and crowded buses or subways.

Then how do phobias develop? Having a scary experience with a thing or situation is a common way a phobia can develop. A person who had a particularly scary experience being bitten by a dog, for example, may develop a phobia of dogs. This happens because something in the brain called the amygdale remembers strong emotional experiences. The amygdale will trigger a strong reaction of fear whenever this person sees or even thinks about dogs again.

There are ways to overcome phobias. One way is to gradually face your fears. Start by addressing what is least scary about your fear. Then slowly work your way up to what is most scary. By the time you’re done, your phobia will be gone. Talking with doctors or taking medicine can also help people overcome phobias. So if you have any phobias, don’t be afraid. With proper coaching and treatment, your phobia will be gone!

Reading Comprehension Worksheet

1. What is the passage mainly about?
2. How fear can help us succeed
3. Why some people don’t feel fear
4. Understanding and overcoming phobias
5. The harmful effect of phobias on the brain
6. Which is a characteristic of a phobia?  
   a. It helps a person learn to avoid danger.  
   b. It has a negative effect on a person’s life  
   c. It can only be treated with medicine.  
   d. It is something a person is born with.
7. What can be inferred about the amygdala?  
   a. It is the largest part of the brain  
   b. It does not serve any useful roles.  
   c. It can cause physical illnesses.  
   d. It is connected to our memory
8. What is mentioned as a benefit of fear?   
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9. What is a common cause of phobias?   
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Create your own questions



Different Types of Phobia Information Sheet

The American Psychiatric Association recognizes more than 100 different phobias. Here are a few of the most common.

**Agoraphobia:** Agoraphiobia is a fear of places or situations that you can’t escape from. The word itself refers to “fear of open spaces.” People with agoraphobia fear being in large crowds or trapped outside the home. They often avoid social situations altogether and stay inside their homes.

**Social Phobia:** Social phobia is also referred to as “social anxiety disorder.” This is extreme worry about social situations that can lead to self-isolation. A social phobia can be so severe that the simplest interactions, such as ordering at a restaurant or answering the telephone, can cause panic. Those with social phobia will often go out of their way to avoid public situations.

**Glossophobia:** Performance anxiety, or the fear of speaking in front of an audience.

**Acrophobia:**The fear of heights. People with this phobia will avoid mountains, bridges, or the higher floors of buildings.

**Claustrophobia:** The fear of enclosed or tight spaces. Severe claustrophobia can be especially disabling if it prevents you from riding in cars or elevators.

**Aviatophobia:**The fear of flying.

**Dentophobia:**Fear of the dentist or dental procedures. This phobia generally develops after an unpleasant experience at a dentist’s office.

**Hemophobia:** Fear of blood or injury.

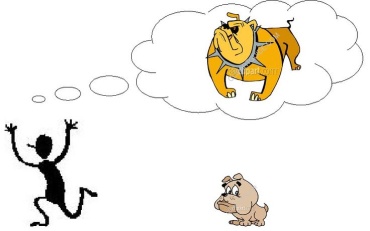
**Arachnophobia:** Fear of spiders.

**Cynophobia:** Fear of dogs.

**Ophidiophobia:** Fear of snakes.

**Nyctophobia:**Fear of the nighttime or darkness. This phobia almost always begins as a typical childhood fear. When it progresses past adolescence, it’s considered a phobia.

Different Pictures of Phobia Situation Worksheet

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