

Урок английского языка в 9 классе

Учитель Зенькова Н.А.
ГБОУ школа №643
Московского района

План урока

**Развитие навыков чтения, аудирования и коммуникации
по теме «Страхи и фобии» (Fears and phobias)**

Цели

**урока:
Обучающие:**

1. Освоение во всех видах речевой деятельности новых лексических единиц по теме, связанной с проявлениями эмоций в экстремальных ситуациях.

2. Обучение использованию идиоматических выражений (для выражения эмоций) для развития умения прогнозировать последствия критических ситуаций.

3. Обучение навыкам умения извлекать необходимую информацию при

восприятии текста на слух, при поисковом чтении и использовать полученную

Развивающие:

- 1. Развитие ключевых компетенций при изучении иностранного языка.**
- 2. Развитие личностных качеств учащихся.**
- 3. Развитие общекультурного кругозора, связанного с особенностями реакции человека на чрезвычайные ситуации.**
- 4. Развитие креативного мышления.**

Воспитательные:

- 1. Воспитание толерантности по отношению к межкультурным и межличностным различиям в проявлении чувств других людей.**

Практические задачи урока:

Освоение знаний учащимися по теме «Страхи и фобии»

- 1. Усвоение лексики – названий чувств, а также их проявлений, вызванных страхом в критической ситуации, употребления их в речи для высказывания своего мнения по данному вопросу.**
- 2. Смысловое чтение и аудирование для поиска и извлечения особой информации и развития критического мышления.**
- 3. Употребление в речи идиоматических выражений, связанных с выражением чувств, в зависимости от возникающих жизненных ситуаций.**
- 4. Развитие навыков говорения с использованием нового лексического материала.**

7a Reading & Vocabulary

Reading

- 1 Look at the pictures. Which of them make you:
- scream? • freeze? • sweat?
 - shake like a leaf? • run away?
- ▶ Snakes make me freeze.

- 2 Read the title and the first sentence of each paragraph of the text. What do you expect to read about? Read and check.

- 3 **LINE** Read again and fill in the gaps with the phrases A-G. There is one phrase that you do not need to use. Check with your partner.

Vocabulary

- 4 Match the highlighted words/phrases with their synonyms below.

- cause sth to start working
- make sb feel shy/ashamed
- shout
- laughed at
- sets off
- disappear
- not logical

- 5 Fill in: human, fight, public, shake, beats, scream, nervous, come. Then make sentences with the phrases.

- loudly
- like a leaf
- emotion
- system
- to our fears
- heart faster
- places
- fears true

- 6 Find all types of phobias mentioned in the text. What are they in your language?



Fears and Phobias



Idioms related to emotions

- 7 a Fill in: scared to death, long face, bright red, over the moon, green with envy, through the roof, butterflies in her stomach.
- Samantha had before the first performance of the play.
 - Olgo was when she saw the ghost.
 - Julia went when her teacher told her off for talking.
 - Liam was when he saw Jack's new car – he wanted one too!
 - Susan has got a very today. I think she's still upset about failing the exam.
 - Antony was when he found out that he had won the competition.
 - David went when he found out that his brother had taken his MP3 player without asking.



"Come on, get in quickly!" your friend shouts from inside the lift that should take you up to the top floor of the department store. "Errm...I'll take the stairs and meet you up there!" you yell back. As the doors close, you feel very relieved. It's a long way up to the eighth floor. 1)

If the sounds like you, or perhaps heights turn your legs to jelly, you scream loudly if you see even the tiniest spider in the bath or you shake like a leaf if you have to answer a question in class, you're not alone! The truth is, most of us are at least a little afraid of something – bees and wasps, for example, the dark. 2)

So fear is a basic human emotion. In fact, we actually need it to survive. Whenever we meet danger or feel unsafe, the brain reacts, instantly sending signals to activate 3) the body's nervous system. As a result, we might shake or sweat and our heart starts beating faster in order to pump more blood to our muscles to get us ready for action. 3)

This response is called 'fight or flight' and is only turned off when the brain gets enough information to be sure that there is no more danger. What is incredible is that all this can happen in just a few seconds!

Needless to say, fear is not always a good thing! People who have a phobia such as agoraphobia (fear of being in crowded public spaces such as a busy market or a bus), claustrophobia (fear of enclosed spaces like lifts or tunnels),

arachnophobia (fear of spiders) or even something unusual like ablutophobia (fear of washing) are extremely afraid of something. This may have developed after a very scary experience. A teenager who was bitten by a dog as a young child, for example, may now be too afraid to walk to school with his friends in case he sees a dog. This is because his brain has 'remembered' the fear that he felt when the dog bit him. 4)

This may embarrass him, cause him to miss out on spending time with his friends or even to be teased by them.

Between 5 and 10% of the population have phobias but there are ways to fight our fears. First of all, it's important to stop avoiding the scary situation, it may help to make a list of fears from the least to the most scary 6)

This will not be easy, but when we see that our worst fears didn't come true, we will realise that they are irrational and there's no real reason to be afraid. Then, we will change how we respond to them 6)

- A and then face them one by one.
- B or taking exams.
- C and eventually our fears will melt away!
- D so now even just thinking about seeing a dog triggers the same fear reaction.
- E but you don't care – anything to get out of going in a lift!
- F which will help you to find out the reason for your fear.
- G such as running away or fighting.

- b Which of the emotions below is/was each person in Ex. 7a feeling? Make sentences, as in the example.

sadness/depression embarrassment
nervousness anger fear jealousy
happiness/joy

- 1 nervousness ▶ Samantha was feeling nervous.

- 8 How would you be feeling if:

- you forgot the words of a song while singing in a concert?
- you got stuck in a lift?
- someone told a lie about you?
- you had to give a speech in front of the whole school?
- you won first prize in a competition?

Tell your partner.

Speaking

- 9 Read again and make notes under the headings. Use your notes to give the class a summary of the text.

- what fear is
- what phobias are
- how to overcome phobias

Writing

- 10 **Portfolio:** Write a short summary of the text. Read it to your partner.

Оснащение урока:

УМК «Spotlight 9» (V.Evans, J.Dooley, N. Vykova), интерактивная доска, проектор, ноутбук, интернет, раздаточный материал.

Ход урока:

1. Организационный момент.
2. Актуализация лексического материала по теме.

Разминка. Учащиеся смотрят на картинки и высказываются на тему чувств, которые они вызывают.
(*Ex.: Snakes make me freeze. The dark make me sweat. The thunderstorms make me shake like a leaf. The spiders make me scream.*)

Fears & Phobias





Common fears

Heights

Thunderstorms

The dark

Spiders

Bees, wasps & snakes

Flying

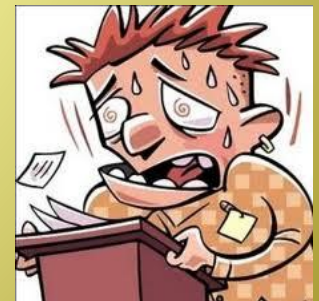
Going to the dentist

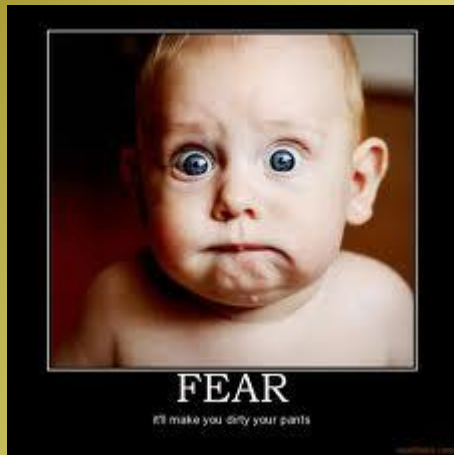
Needles (injections)

Being alone

Taking exams

Making public speech





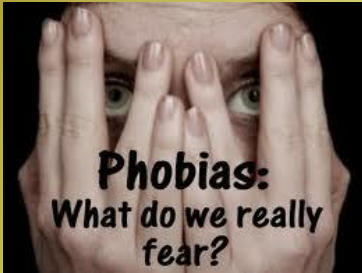
What is Fear?

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***

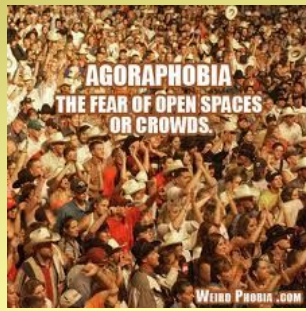


What is a phobia?

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

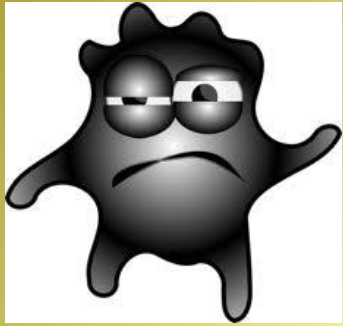


Arachnophobia



Arachnophobia is
a fear of spiders





Mysophobia



Mysophobia
Is a fear of being
contaminated



Xenophobia



Xenophobia
Is a fear of
strangers



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.

4. После просмотра презентации учащиеся активизируют новую лексику в речи – высказываются на тему рассмотренных ситуаций.

Ex.

1. *Every time I see a mouse, I scream loudly and run away.*
2. *When my friend went into the lift, she was so afraid, that she began to shake like a leaf.*
3. *Fear is a natural human emotion that warns us of danger.*
4. *When we are afraid, our nervous system reacts.*
5. *If we want to fight our fears, we need to face them.*
6. *My heart beats faster and I start to breathe quicker whenever I go into the lift.*
7. *My cousin has a fear of public places and she rarely goes out of the house.*

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Перевести Нет



Home > Stories and Poems >

A Serious Case

My friend is afraid of spiders. This isn't very unusual; a lot of people are afraid of spiders. But my friend isn't just afraid of spiders, she is totally, completely and utterly terrified of them....



Instructions

Do the Preparation task first. Then go to Text and read the poem or story (you can also listen to the audio while you

User login

Username or e-mail *

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Search

Tags in Admin

Audio

Drag and drop

A serious case

Before reading the text, see if you know the meaning of the words at the top by placing them in the correct sentences below.

terrified

hypnotise

faint

subconscious

scream

mind

rid

beetle

severe

phobia

shiver

furry

The word describes something that has a lot of hair, like a cat or a rabbit.

1

2

3

4

5

6

7

8

9

10

11

12

Transcript

Check Answer

Submit

Next

Reset

Tags in Teacher

Listening & Viewing Comprehension

Listening : identify gist

Reading & Viewing Comprehension

Reading : identify gist

Word Building

Vocabulary: definitions

Pronunciation: consonants

Navigation

- Why register?
- How do I register?
- House Rules
- Contact us
- Glossary
- Glossary

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Serious case

Look at the following words. Some of them start with an 'f' sound, as in 'fat'. Others start with an 's' sound as in 'sun'. Place the words into the correct groups below. When you have finished, click on "Check answers" to check your answers.

- | | |
|--------------|---------|
| psychologist | science |
| psychiatrist | phobia |
| psychedelic | folder |
| phone | siren |
| photo | silent |

<p>'f' sound</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<p>'s' sound</p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
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✓ Check Answer

Submit

Reset

- Listening : identify gist
- Reading & Viewing Comprehension
- Reading : identify gist
- Word Building
- Vocabulary: definitions
- Pronunciation: consonants

- #### Navigation
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 - How do I register?
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A Serious Case

[Download audio 4.53MB \(right click & save\)](#)

My friend is afraid of spiders. This isn't very unusual; a lot of people are afraid of spiders. But my friend isn't just afraid of spiders, she is totally, completely and utterly terrified of them...

[Instructions & downloads](#)

Do the **Preparation** task first. Then go to **Text** and read the poem or story (you can also listen to the audio while you read). Next go to **Task** and do the activity.

[Print story and do activities \(201 KB\)](#)

- [Preparation](#)
- [Text](#)
- [Task](#)
- [Task 2](#)

Preparation

We suggest you do the vocabulary activity below before you read or listen. Then read and/or listen to the story and do the task to check your comprehension.

Text

A Serious Case

By Clark Ross

I have a friend who is afraid of spiders. This isn't very unusual; a lot of people are afraid of spiders. I don't really like spiders much myself. I don't mind them if you see them outside, in the garden, as long as they're not too big. But if one comes in the house, especially if it's one of those really big spiders with furry legs and little red eyes, then I go "yeeucch" and I try to get rid of it. Usually I'll use a brush to get rid of the spider, but if I feel brave then I'll put a glass over the top of it, slide a piece of paper under the glass and then take it outside.

This is quite normal, I think. But my friend isn't afraid of spiders in any normal way. She isn't just afraid of spiders, she is totally, completely and utterly terrified of them. When my friend sees a spider she doesn't just go "uurgghh!" or run away, or ask someone else to get rid of the horrible creepy crawly. No: she screams as loud as she possibly can. She screams so loud that her neighbours worry about her, and think about calling the police. When she sees a spider, she shivers all over, and sometimes she freezes completely – she can't move at all because she is so terrified. Sometimes she even faints.

But my friend had a surprise for me when we met for coffee last week.

"Guess what?" she asked me.

"What?" I said.

"I've got a new pet!"

"Great," I said. "What is it? A dog? A cat?"

"No"

"A budgie?"

"No"

"A rabbit?"

"No"

"What then?"

"I've got a pet spider."

"I don't believe you!"

"It's true! I decided that it was time I did something about my phobia so I went to visit a doctor, a special doctor, a psychiatrist. This psychiatrist specialised in phobias – helping people who had irrational fears to get better, and live normally. He told me I suffered from 'arachnophobia'."

"It's an irrational fear of spiders," he said. "About one in fifty people suffer from a severe form of arachnophobia. It's not very uncommon."

"Thanks" said my friend. "But that doesn't help me much..."

"There are lots of different ways we can try to cure your phobia," said the psychiatrist. "First, there is traditional analysis."

"What does that mean?" asked my friend.

"This means lots of talking. We try to find out exactly why you have such a terrible fear of spiders. Perhaps it's linked to something that happened to you when you were a child."

"Oh dear," said my friend. "That sounds quite worrying."

"It can take a long time," said the psychiatrist. "Years, sometimes, and you can never be certain that it will be successful."

"Are there any other methods?"

"Yes – some psychiatrists use hypnosis along with traditional analysis." My friend didn't like the idea of being hypnotised. "I'm worried about what things will come out of my subconscious mind!" she said.

"Are there any other methods?" asked my friend.

"Well," said the psychiatrist. "There is what we call the 'behavioural' approach."

"What's the behavioural approach?" asked my friend.

"Well," said the psychiatrist. "It's like this..."

The psychiatrist got out a small spider from his desk. It wasn't a real spider. It was made of plastic. Even though it was only a plastic spider, my friend screamed when she saw it.

"Don't worry," said the psychiatrist. "It's not a real spider."

"I know," said my friend. "But I'm afraid of it just the same."

"Hmmm," said the psychiatrist. "A serious case..." He put the rubber spider on the desk. When my friend stopped screaming, the psychiatrist told her to touch it. When she stopped screaming

again – the idea of touching the plastic spider was enough to make her scream – she touched it. At first she touched it for just one second. She shivered all over, but at least she managed to touch it.

“OK,” said the psychiatrist. “That’s all for today. Thanks. You can go home now.”

“That’s it?” asked my friend.

“Yes.”

“That’s all?”

“Yes, for today. This is the behavioural approach. Come back tomorrow.”

My friend went back the next day, and this time the plastic spider was already on the doctor’s desk. This time she touched it and held it for five minutes. Then the doctor told her to go home and come back the next day. The next day she went back and the plastic spider was on her chair. She had to move the spider so she could sit down. The next day she held the spider in her hand while she sat in her chair. The next day, the doctor gave her the plastic spider and told her to take it home with her.

“Where do spiders appear in your house?” asked the psychiatrist.

“In the bath, usually,” said my friend.

“Put the spider in the bath,” he told her.

My friend was terrified of the spider in the bath, but she managed not to scream when she saw it there.

“It’s only a plastic spider,” she told herself.

The next day the psychiatrist told her to put the spider in her living room. My friend put it on top of the television. At first she thought the spider was watching her, and she felt afraid. Then she told herself that it was only a plastic spider.

The next day the psychiatrist told her to put the spider in her bed.

“No way!” she said. “Absolutely not!”

“Why not?” asked the psychiatrist.

“It’s a spider!” replied my friend.

“No it’s not,” said the psychiatrist. “It’s a plastic spider. It’s not a real one.” My friend realised that her doctor was right. She put the plastic spider in her bed, and she slept there all night with it in her bed. She only felt a little bit afraid.

The next day, she went back to the psychiatrist. This time, she had a shock, a big shock. Sitting in the middle of the doctor’s desk there was a spider. And this time it was a real spider.

My friend was about to scream and run away, but she didn’t. She sat on the other side of the room, as far away as possible from the spider, for about five minutes, then she got up and left the room.

“See you tomorrow!” shouted the psychiatrist to her as she left.

The next day she went back and this time the psychiatrist let the spider run around on his desk. Again, my friend stayed about five minutes, then left. The next day she stayed for ten minutes, and the day after that, fifteen. Eventually, the psychiatrist held the spider, the real spider with long furry legs and little eyes, in his hand. He asked my friend to come and touch it. At first she refused, but the doctor insisted. Eventually she touched the spider, just for a second. The next day she touched it for a few seconds, then for a few minutes, and after that she held the spider in her own hand.

Then she took the spider home, and let it run around in her house. She didn’t feel afraid. Well, OK, she did feel afraid, but only a tiny bit.

“So now I’ve got a pet spider!” she told me again.

“Well done!” I said.

“There’s only one problem,” she said, and as she spoke I noticed that she was shivering all over.

Then she screamed and climbed up on the chair. She was pointing to something on the floor.

“Over there!” she screamed. “Look! It’s a beetle...!”

THE END

Task

After reading the story try this activity.

Read text

Task 2

Next try this activity.

Read text

Discussion

Are you afraid of spiders?

Have you ever got over a fear of something?

Log in and leave us a comment below.

Serious case

After reading the text, decide if the following statements are true or false. When you have finished, click on "Check answers" to check your answers.

Not many people are afraid of spiders.

true false

The narrator isn't afraid of spiders.

true false

The narrator's friend is terrified of spiders.

true false

When she sees a spider she calls the police.

true false

The narrator's friend suffers from a phobia.

true false

She goes to see a specialist doctor.

true false

She gets a new pet cat.

true false

The psychiatrist thinks she is a serious case.

true false

They use the behavioural approach to cure her phobia.

true false

The psychiatrist shows her a spider that is not real.

true false

She learns to like the plastic spider.

true false

The behavioural approach doesn't work.

true false

Another problem appears at the end of the story.

true false

 Check Answer

 Submit

 Reset

Reading & Viewing Compe

Reading : identify gist

Word Building

Vocabulary: definitions

Pronunciation: consonants

Navigation

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Look it up!

6. После выполнения этих заданий проводится обсуждение сначала в парах, а затем в группе, личного опыта учащихся по поводу их отношения к паукам.

7. Знакомство с идиомами, выражающими личные эмоции.

To be scared to death – to be terrified

To have a long face – feel sadness/depression

To become bright red – to be embarrassed

To be over the moon – to feel happiness/joy

To be green with envy – to be envious, jealous

To go through the roof – to be extremely angry

To have butterflies in one's stomach – to be nervous

Учащиеся используют данные выражения в речи.

8. Обобщение материала.

Fear – a basic human emotion – helps alert us to danger – brain sends us signals to nervous system – body reacts, e.g. sweating, shaking, heart beats faster – more blood to muscles – prepares us for “fight or flight”

Phobias – extreme fears – can develop as a result of a scary experience, e.g. bitten by a dog in childhood – brain remembers the experience – now afraid of seeing any dog

How to overcome phobias – don't avoid scary situations – make the list of your fears, starting from the least serious – deal with them one at a time – Come to realise they can be overcome.

9. Домашнее задание

Write an opinion essay about fears and phobias