

Super English

The background of the slide features a dark, moody image of a person's silhouette from behind, looking out. The background is filled with a word cloud of terms related to the COVID-19 pandemic, such as 'FEAR', 'CHAOS', 'VIRUS', 'DEATH', 'DISASTER', 'PANDEMIC', 'STRESS', 'ISOLATION', 'LAYOFF', 'DEPRESSION', 'SICKNESS', 'INFECTION', 'VIRUS', 'OUTBREAK', 'FORECLOSURE', 'EMERGENCY', 'CRISIS', 'FINANCIAL', 'COVID-19', 'PANDEMIC', 'DISASTER', 'CHAOS', 'FORMATION', 'PANDEMIC', 'DISASTER'.

Level 7 - Unit 3
Lesson 1
Why Do We Feel Fear?

What is fear?

Read the text and explain the words in bold.

Fear is one of the most powerful emotions humans experience. But why do we feel fear, and what purpose does it serve? Fear is an **instinctive reaction** that helps keep us safe from danger. When we sense a threat—whether it's a loud noise, a dark alley, or a wild animal—our body immediately prepares to protect itself. This automatic response has been crucial to human survival for thousands of years. Imagine early humans facing dangerous **predators**—fear helped them react quickly and stay alive. Today, we might not face saber-toothed tigers, but fear still plays a major role in our daily lives.

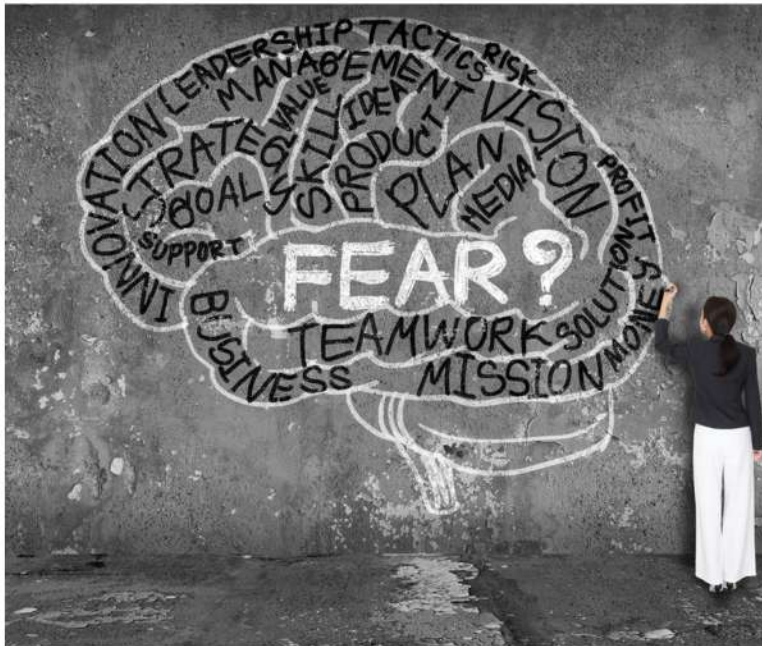


Do you think people would be better off without fear? Why or why not?

The Role of the Brain

Read the text and explain the words in bold.

Do you think fear is more of a mental or physical reaction? Why?



The brain plays a **key role** in fear, especially a small almond-shaped part called the amygdala. When we encounter something scary, the amygdala sends signals to the body to **trigger** the fight-or-flight response. This response floods our body with adrenaline, making our heart beat faster and our muscles **tense up**. It helps us decide whether to run away from danger or face it. For example, if you see a snake while hiking, your amygdala immediately warns your body to react. But sometimes, fear isn't triggered by real danger—it can be caused by things like scary movies, stressful situations, or even our own imagination.

Why do some people feel fear more than others?

Read the text and explain the words in bold.

Not everyone experiences fear the same way. Some people are naturally more fearful than others, which can be influenced by **genetics** or past experiences. If someone had a scary encounter with a dog as a child, they might feel **anxious** around dogs even as an adult. Others may enjoy **thrill-seeking** activities like skydiving or horror movies, finding excitement rather than fear in the experience. Scientists believe that personality and upbringing shape how we react to fear, meaning that what scares one person might not bother someone else at all.



Why do you think some people enjoy scary things (like roller coasters or horror movies), while others don't?

Idioms

Match the idioms to their meanings.

1. Break out in a cold sweat
2. A gut feeling
3. Scared stiff
4. On edge
5. Face your fears
6. Jump out of your skin

- A. Feeling anxious or uneasy about something.
- B. To suddenly move your body after being startled.
- C. To suddenly feel nervous or scared.
- D. A strong instinct or intuition about something.
- E. To confront something that scares you.
- F. So frightened that you can't move.

Vocabulary

Match the vocabulary words to their definitions.

- instinctive
- adrenaline
- conditioning
- exposure therapy
- genetics
- amygdala

1. A natural reaction or behavior that happens without thinking.
2. The part of the brain responsible for processing emotions, especially fear.
3. A psychological method used to gradually help people overcome their fears.
4. The biological traits and characteristics passed down from parents to children.
5. A hormone released in response to fear or excitement, increasing heart rate and energy.
6. The process of learning something through repeated experiences.

Dialogue 1: The Haunted House Challenge



Read the dialogue and answer the question.

Friend 1: Are you sure about this? That haunted house looks terrifying!

Friend 2: Come on! It's just for fun. What's the worst that could happen?

Friend 1: I don't know... I have a bad feeling about this. What if something jumps out at me?

Friend 2: That's the whole point! It's supposed to be scary, but it's not real.

Friend 1: Ugh, I don't know. My heart is already racing.

Friend 2: Just face your fears! If you go in, I'll buy you ice cream after.

Friend 1: Fine! But if I scream, I'm blaming you!

Follow-up Question: Has a friend or relative ever tried to convince you to do something you were scared of? Have you ever tried to convince someone?

Fear in the Animal Kingdom



Read about how different animals react to fear.

The Fearless Honey Badger

Honey badgers are one of the bravest animals in the world! Despite their small size, **they fear almost nothing** and will attack much larger predators.

How they handle fear:

- Thick skin protects them from bites and stings.
- They don't back down—they've been seen fighting lions and venomous snakes!
- They escape easily—if caught, they can twist and bite their attacker.

Question: Do you think it's better to be brave like a honey badger or cautious like a rabbit? Why?



Fear in the Animal Kingdom

Read about how different animals react to fear.

Fainting Goats

Fainting goats, also called myotonic goats, have a unique reaction to fear: they freeze and fall over!

Why does this happen?

- Their muscles lock up for about 10–15 seconds when they're startled.
- They don't actually lose consciousness—just control of their muscles!
- This is caused by a genetic condition, not a survival instinct.

Question: How do you think this reaction affects their ability to survive in the wild?



See you next time!

