

*WELCOME BACK GUYS*



# *One Random Object*

## Instructions

Ask a participant to pick one random object that is in their room and not tell anyone what it is.

Explain that the other participants will have to guess what it is, by asking questions that require a yes or no answer.

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# *try to infer the meaning of each word*

1. When we listen to speech, we are able to *anticipate* the next sounds we will hear.
  2. We were *distracted* by the loud noise outside the window, making it difficult to concentrate on our homework.
  3. The noise seemed to *magnify* by the minute. Eventually, it got *so loud we couldn't continue our conversation*.
  4. Dogs can *perceive* very high sounds that people can't hear.
  5. The sound *persisted* all night. We wondered if it would ever stop.
  6. The noise from the stadium disturbed the families who lived in close *proximity* to it.
  7. I don't know what's wrong with my computer. It's making all these *random* sounds.
  8. The alarm was *unpredictable*. It kept stopping and starting, so we didn't know what expect.
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# Match

Vocabulary Word	Meaning
Anticipate	increase or exaggerate the importance or effect of.
Distracted	nearness in space, time, or relationship.
Magnify	
Perceive	guess or be aware of (what will happen) and take action in order to be prepared.
Persisted	made, done, or happening without method or conscious decision.
Proximity	become aware of (something) by the use of one of the senses, especially that of sight
Random	not able to foresee, or changeable.
Unpredictable	unable to concentrate because one is preoccupied by something worrying or unpleasant.

- Retell a story using the vocabulary words.

*Activity  
Time 😊*

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Phobias are interesting things. Some \_\_\_\_\_ serious and can have \_\_\_\_\_ on life.

The most common phobias are \_\_\_\_\_ or closed spaces and the fear of heights and flying.

Doctors say all \_\_\_\_\_. Phobias are irrational fears of something.


There \_\_\_\_\_ why someone is afraid of going outside or of flying.

It's all inside the sufferer's head. \_\_\_\_\_ phobias like the fear of flying, but not others.

Some \_\_\_\_\_ babies, or computers, and even of peanut butter sticking to the \_\_\_\_\_.

That phobia has a really long Latin name. I wonder if \_\_\_\_\_ the English language.

Perhaps that's grammar phobia.

- Phobias are interesting things. Some of them are very serious and can have a really negative influence on life. The most common phobias are the fear of open spaces or closed spaces and the fear of heights and flying. Doctors say all phobias are treatable. Phobias are irrational fears of something. There is no logical reason why someone is afraid of going outside or of flying. It's all inside the sufferer's head. I understand some phobias like the fear of flying, but not others. Some people are afraid of babies, or computers, and even of peanut butter sticking to the roof of your mouth. That phobia has a really long Latin name. I wonder if there's a phobia about the English language. Perhaps that's grammar phobia.
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# Let's listen to CD (2.04)

## Which fears are mentioned?

1. Closed spaces
  2. Elevators
  3. Flying
  4. Heights
  5. Open spaces
  6. Public speaking
  7. Snakes
  8. Spiders
  9. Water
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The videos are not intended to be a substitute for professional medical advice, diagnosis, or treatment.

# True or False

- Phobias can be something you deal with daily, because you try to avoid the object that you fear.
  - Phobias usually have an effect only when we are near the object that we fear, but have no negative impact on our relationships.
  - If you have hemophobia you are probably afraid of going to a hospital.
  - Having a phobia causes people to stress out more about the things they are afraid of causing them to feel anxious and worried to leave their homes.
  - Phobias are described as every day anxieties and they usually affect your decision making.
  - Phobias emerge from young age they are something you inherit from your parents.
  - The best treatment someone with a phobia could get is by consulting a Cognitive therapist.
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# Match

- **Claustrophobia**
  - **Astrophobia**
  - **Nyctophobia**
  - **Acrophobia**
  - **Ophidiophobia**
  - **Aerophobia**
  - **Agoraphobia**
  - **Arachnophobia**
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- **Hemophobia**

- Fear of Heights
- Fear of Flying
- Fear of trapped in small confined spaces.
- Fear of snakes
- Fear of spiders
- Fear of thunder and lightning.
- Fear of blood.
- Fear of wide open spaces.
- Fear of the dark.


# Quiz Time!

## Let's see what kind of Phobia you have?

<https://play.howstuffworks.com/quiz/can-we-guess-which-phobia-you-have-learn>



# Let's listen to the first part of phobias CD (2.05) and answer the questions

- What is Dr. Kristin Patterson an expert on?
  - Why is a reasonable fear of something a good thing?
  - What does a phobia of something do to people?
  - What percent of people will develop a phobia in their lifetime?
  - What hasn't the host done in two weeks?
  - How do people react when faced with a phobia?
  - What was Dr. Patterson's patient Maggie afraid of?
  - Why was it important that she face this phobia?
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# Let's listen to part two of phobias

## How did the doctor solve Maggie's problem?

### CD( 2.06)

#### Check the solutions

Realizing she needed help	Standing in the elevator
Relaxation techniques	Holding her breath in the elevator
Physical exercise	Taking the elevator up only one floor
Deep breathing	Taking the elevator up one floor at a time
Talking about what scared her	Taking the elevator to the tenth floor
Watching the elevator	

Do you think Dr. Patterson's techniques  
are good? Why or why not?


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# *Activity Time* 😊

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Create a role play with one being the patient pretending to have one of these Phobias and the other a doctor treating the patient.





# Oral Quiz 1

- Talk about how pressure and phobias are related
  - Which kinds of phobia could arise from pressure?
  - Give an example based on a true story or one you made up?
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