

**Topic: No Fear**

**Let's get started . . .** what are children afraid of? What kinds of things were most children afraid of when you were a child?

**Story:** "Brace for impact," the captain said. A jet plane crash-landed in New York City's Hudson River on January 15, 2009. All 155 passengers and crew were rescued. Ferries and tourist boats came to help the sinking plane. How did the passengers feel when the plane crashed? How did they feel while they were standing on the wings, waiting for help?



Passengers standing on the wings

Fear is a basic emotion, like anger, sadness and happiness. When we are afraid, our bodies respond and we become more alert and prepared for "fight or flight". But if we are afraid when there is no real threat, or nothing we can do, fear becomes anxiety or worry.



**In pairs for 5 minutes, ask and answer these questions:**

Do you think fear is a good thing, a bad thing or both? Give examples of "good" fear and "bad" fear.

**Share your partner's answers with the group.**

**Interview** 3 people about fear. Write their names in the left column, and then write yes or no for each category. Say, "Have you ever been afraid of \_\_\_\_\_?" and then ask them to explain.

Name	<b>Flying</b> 	<b>Snakes</b> 	<b>Crime</b> 	<b>Public Speaking</b> 	<b>Getting Sick</b> 

**Discussion Questions - talk in pairs or small groups:**



The 3 Little Pigs

What do parents *want* their children to fear? What did your parents teach you to fear as a child? Are there traditional "scare stories" used to teach children? Explain.

**A wise person** plans or prepares for the future and hopes to avoid trouble. **A foolish person** doesn't plan or prepare, and may have many troubles. Do you agree? Explain.

Who is more afraid - the wise person who prepares for trouble or the foolish person who doesn't prepare for trouble? Explain.

What do you worry about? Complete one or more of these sentences:

I'm afraid that I will . . .

I'm afraid that my parents will . . . .

I'm afraid that my children will . . . .

I'm afraid that someone will . . . .

I'm afraid that . . . .



How do you stop worrying? What advice do you give to someone who is worried?

**Courage (bravery)** is the ability to feel fear and face danger, but still do a right or good action. What does your native culture teach about courage? For example, one Chinese philosophy teaches that courage comes from love: (慈 loving 故 causes 能 ability 勇 brave). Do you agree? Give an example of a person who is courageous and brave.

In your native culture, is it normal to take risks in sports and games, or in fighting or other things? Does your native culture have traditional ways to show courage or bravery? Explain. What do brave people do? How do men show courage? How do women show courage? Is it more important for men to show courage than for women? Explain.

In your native culture, do people "dare" each other to do scary or dangerous things? How do people respond to a "dare"?

**New vocabulary:** brace for impact, passengers, crash-landed, crew, rescued, threats, danger, survival, alert, "fight or flight", anxiety, worry, "scare stories," courage, bravery, wise, foolish, normal, dare

**Keep talking about it this week:** Ask friends what they are afraid of. Write down their answers and be ready to share with the group in the next Talk Time.

**More:** read about the man who said, "the only thing we have to fear is fear itself" at <http://www.whitehouse.gov/about/presidents/franklindroosevelt/>.