



- A.** How do you feel when you're scared? **B.**  ^{CD1}₃₆ Listen and repeat.
- C.**  ^{CD1}₃₇ Listen and read.

What makes you scared? An angry dog? A thunderstorm? When we're scared, we breathe quickly and our hearts beat fast. The body's reaction is called 'fight or flight'. It protects us. Imagine you are living 100,000 years ago and you meet a tiger. You can fight or run away (flight). The body helps. The heart beats faster so more blood goes to the muscles and the brain and so you can move and think more quickly. You breathe faster so your body has more oxygen and you can fight or run longer and faster.



We don't need to fight tigers anymore, but fear can help us stay safe. For example, if we are too close to a fire, we move away quickly and don't get burned. Or if someone is hurt, we run and get help. So fear can be good!


New Words

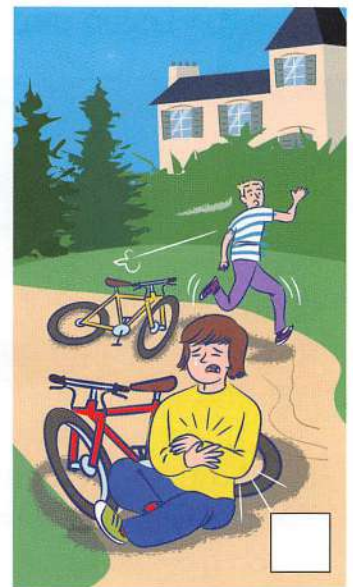
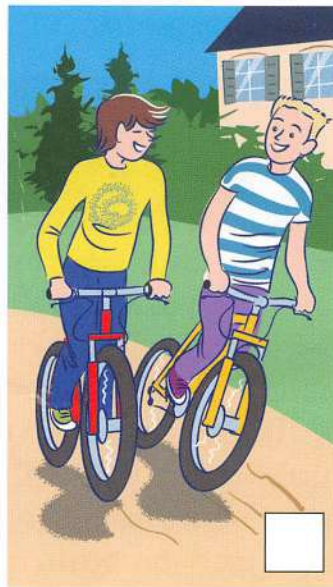
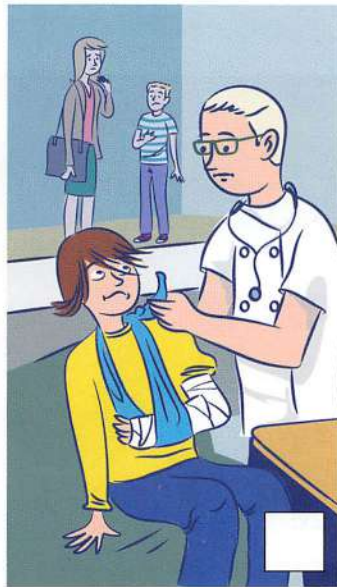
breathe heart beat reaction fight or flight
protect blood brain oxygen fear

D. Is it true? Write ✓ or X.

1. The body's reaction to fear is called 'fight or flight'.
2. When you fight, it means you run away.
3. When you're scared, your heart beats faster.
4. You breathe faster so your body gets more oxygen.
5. More blood helps your muscles move faster.
6. Fear is always bad for you.

Project Time: Write a Story

A.  **CD1**
38 Listen and number in order.

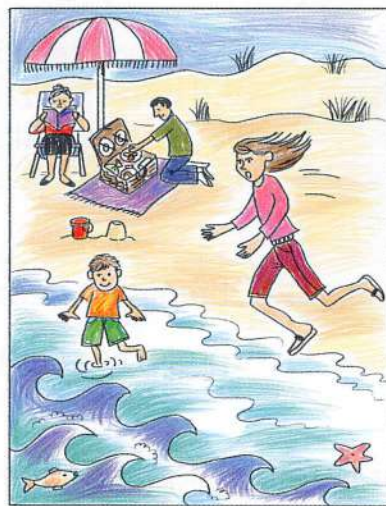


B. Write a story about a time a person was scared.

1. Choose or imagine a time a person was scared.

- Where was he/she?
- Why was he/she scared?
- How did he/she feel?
- What did he/she do?

2. Draw or find pictures. Write.



My friend, Jenny, went to the beach with her family. Her baby brother was playing on the beach. Then he walked into the water. Jenny's mother and father weren't looking. Jenny felt very scared. Her heart was beating fast. She ran to the water and took him back to the beach. Jenny's mother and father were very happy with Jenny.

C. What do you think? Ask a partner.

1. When do you feel scared?
2. What happens to you when you feel scared?
3. What do you do?