

# Afraid of heights



## First thoughts

1. What do you think about this picture? Could you stand here?
2. Are you afraid of heights?

## Afraid of heights

**Sam:** *Hey Mel! Are you ready for climbing tomorrow?*

**Mel:** *No...I'm afraid of heights!*

**Sam:** *It will be fine! I'll climb with you.*

**Mel:** *Thank you but it sounds very scary! Do you have any phobias?*

**Sam:** *Well, I was scared of spiders when I was young but I'm okay now.*

**Mel:** *Lot's of people are scared of spiders and snakes. How did you overcome your fear?*

**Sam:** *I held small spiders until I wasn't afraid. Then I held bigger and bigger ones!*

**Mel:** *Oh right. Maybe I should try the same method for climbing!*



## Comprehension

1. What is Mel afraid of?
2. What was Sam afraid of?
3. How did Sam overcome his fear?

## Vocabulary

<i>Phobia</i>	- An extreme fear of something.
<i>Overcome (fear)</i>	- Succeed in dealing with (fear).
<i>Method</i>	- A way of doing something.

## Discussion

1. Are you scared of anything?
2. What are some examples of phobias?
3. Do you have a phobia?
4. Have you ever overcome a fear/phobia? How?
5. Do you like scary movies?
6. Do you like to do extreme activities such as bungee jumping or riding rollercoasters?
7. What is the scariest experience you have ever had?

