



Государственное бюджетное общеобразовательное учреждение
лицей № 366

Московского района Санкт-Петербурга

«Физико-математический лицей»

196135, Санкт-Петербург, ул. Фрунзе, д. 12 www.fml366.org



Мигалкина Инна Юльевна

Методист, учитель английского языка высшей
квалификационной категории.

Образование высшее

Стаж работы в ФМЛ № 366 20 лет

Тема урока:

**ФОРМИРОВАНИЕ КОММУНИКАТИВНЫХ
НАВЫКОВ ПО ТЕМЕ
«БЕЗОПАСНОСТЬ»**



- 1. Who/what is in the picture?
(- in the foreground
- in the background)**
- 2. What is happening?**
- 3. How does the man feel?**

fear 1 / fiə / *noun*

1 [uncountable and countable] the feeling you get when you are afraid or worried that something bad is going to happen .

fear of

a fear of flying

fear that

There are fears that share prices could decrease still further.

fear for

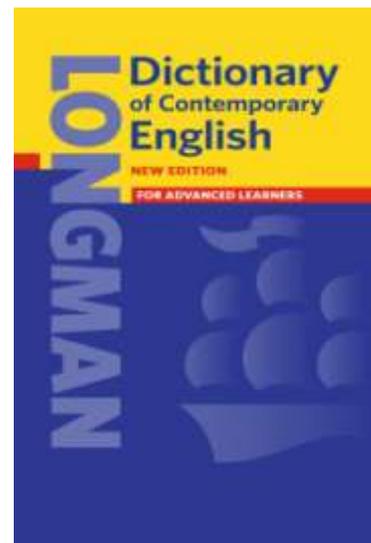
The girl's parents expressed fears for her safety.

in fear

The children looked at her in fear.

without fear

People must be able to express their views without fear of criticism.



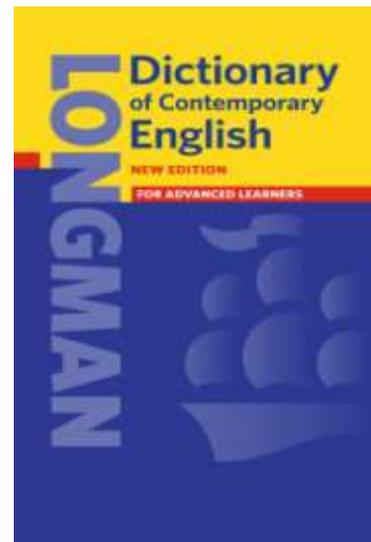
pho·bi·a / 'fəʊbiə \$ 'foʊ- / *noun* [
uncountable and countable]

a strong unreasonable fear of something
phobia about

Owen **has** a **phobia** about snakes.

Some children **suffer from** school **phobia** .

— **phobic** *adjective*



fear a feeling of being frightened : *He was trembling with fear.*

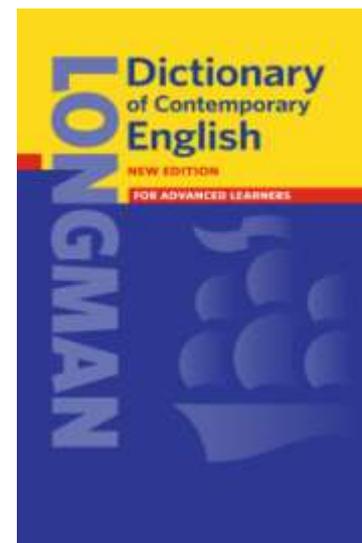
terror a feeling of great fear, because you think that something terrible is about to happen : *She let out a scream of pure terror.*

fright a sudden feeling of fear, or a situation that makes you feel this

panic a sudden feeling of fear or nervousness that makes you unable to think clearly or behave sensibly.

alarm a feeling of fear or worry which shows in your voice or behaviour, because you think something bad might happen .

foreboding / fɔ: 'bæʊdɪŋ / a feeling that something bad or unpleasant might happen although there is no obvious reason why it should :





arachnophobia



claustrophobia



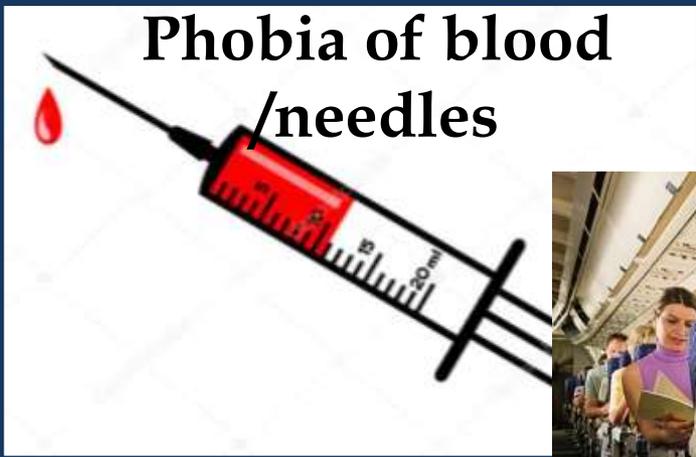
fear of the dark



agoraphobia



fear of heights



Phobia of blood /needles



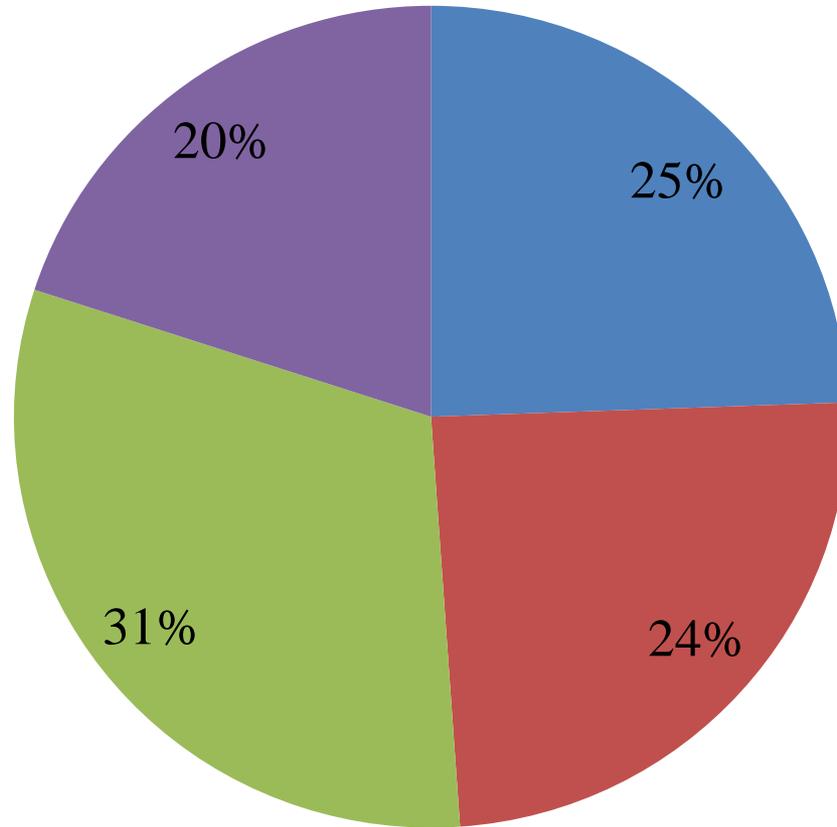
Fear of flying

- Do you have an intense fear of a particular object, situation or animal?
- Do you go to great lengths to avoid an object, situation or animal?
- When confronted with an object, situation or animal do you feel anxious, nervous or panicky?

If the answer to any of these questions is 'yes,' you may suffer from a phobia.

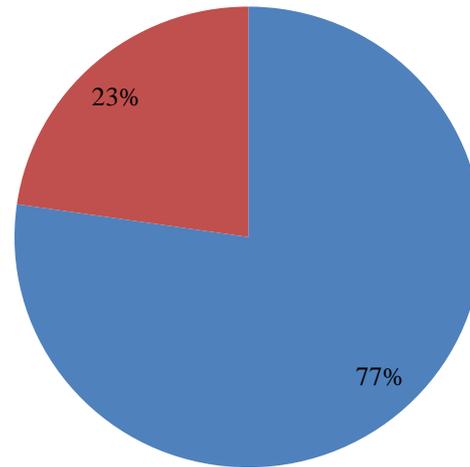
interviewed

■ men ■ women ■ boys ■ girls



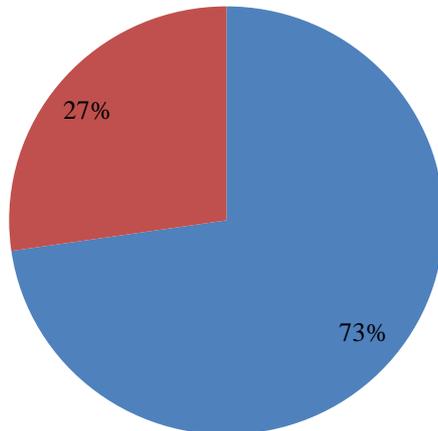
Phobias among adults

■ availability of phobias ■ lack of phobias



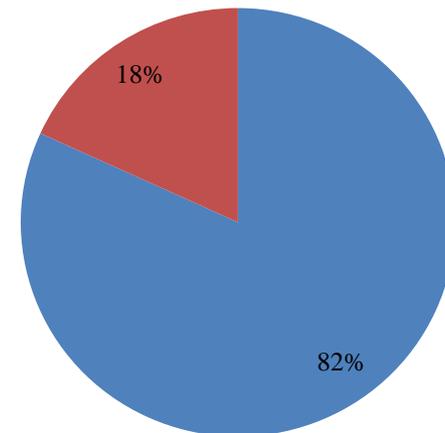
Phobias among men

■ availability of phobias ■ lack of phobias



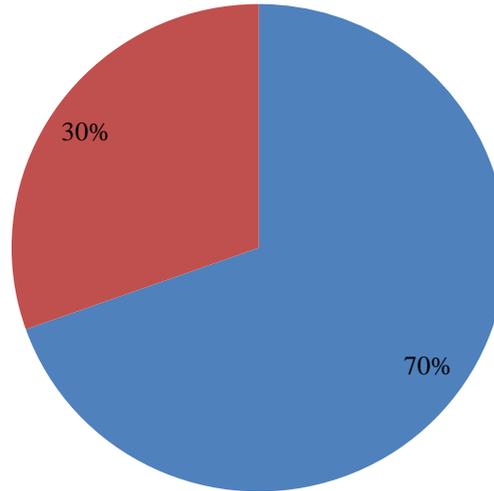
Phobias among women

■ availability of phobias ■ lack of phobias



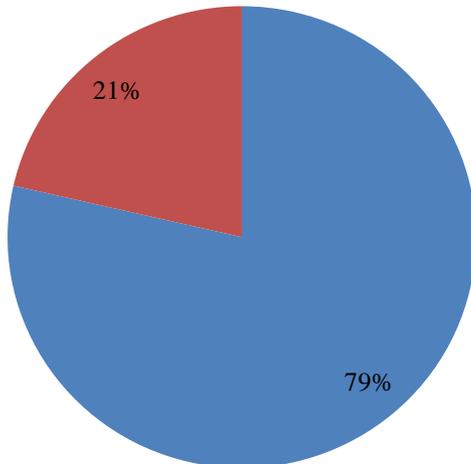
Phobias among teenagers

■ availability of phobias ■ lack of phobias



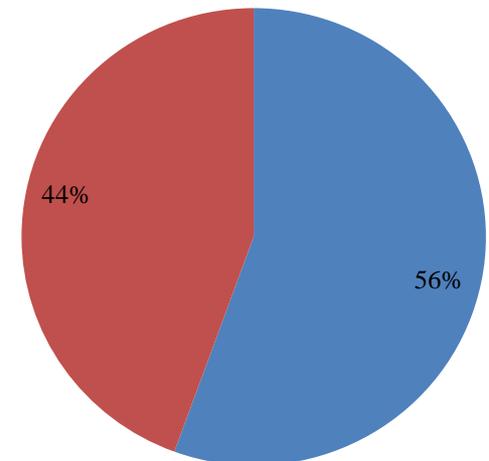
Phobias among boys

■ availability of phobias ■ lack of phobias



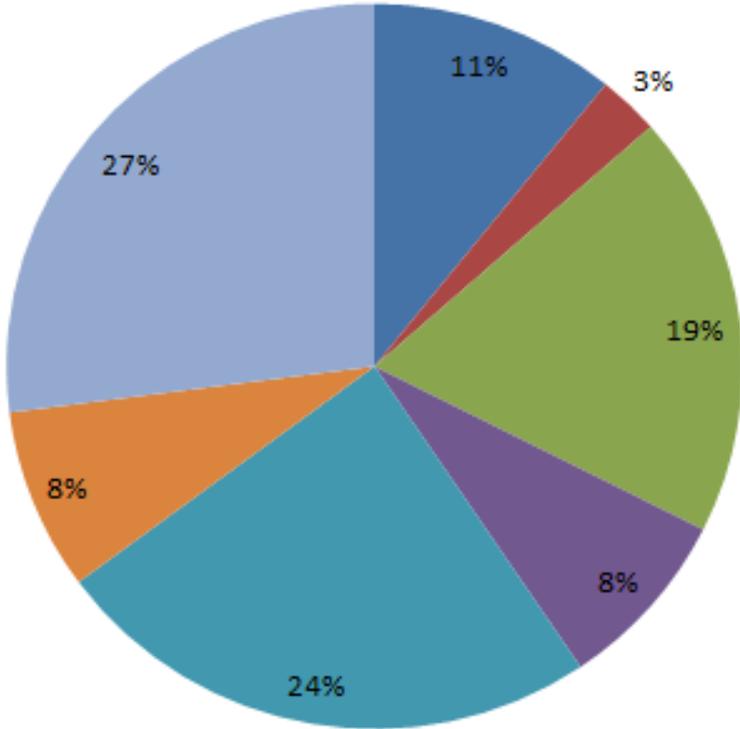
Phobias among girls

■ availability of phobias ■ lack of phobias



prevalence of phobias

- fear of heights
- claustrophobia
- phobia of public speaking
- arachnophobia, cynaphobia, ailuphobia
- aerophobia
- phobia of the crowd
- fear of the darkness





dizziness



shortness of breath



rapid heartbeat



excessive sweating



butterflies in one's stomach



trembling

shaking like a leaf



weakness

SYMPTOMS OF A PHOBIA

- **Physical symptoms**
- Difficulty breathing.
- Racing or pounding heart.
- Chest pain or tightness.
- Trembling or shaking.
- Feeling dizzy or light-headed.
- A churning stomach (= 'butterflies' in one's stomach).
- Hot or cold flashes.
- Sweating.

- **Emotional symptoms**
- Feeling overwhelming anxiety or panic.
- Feeling intense need to escape.
- Feeling "unreal" or detached from yourself.
- Fear of losing control or going crazy.
- Feeling like you're going to die or pass out.
- Knowing that you're overreacting, but feeling powerless to control fear.

Describing your phobia.

- **When did it first appear?**
- **How do you feel when you face your phobia?**
 - **Physical symptoms**
 - **Emotional symptoms**
- **Do you have any unhelpful thoughts?**
- **Do you practice safe behaviour to avoid facing your phobia?**

A Self Help Guide

- Being left alone with a dog off its lead.
Looking at a video clip of a large dog.
Visiting a friend who has a dog on a lead.
Looking at a picture of a puppy.
Playing fetch with a dog.
Looking at a picture of a snarling dog.
Staying in the room with a dog off its lead.
Seeing a video clip of a puppy.
Touching a dog whilst it is on a lead.
Walking past a nearby garden with a dog behind a fence.
Looking at a picture of a large dog.
- Looking at a picture of a puppy.
- Looking at a picture of a large dog.
- Looking at a picture of a snarling dog.
- Looking at a video clip of a puppy.
- Looking at a video clip of a large dog.
- Walking past a garden with a dog behind a fence.
- Visiting a friend who has a dog on a lead.
- Touching a dog whilst it is on a lead.
- Staying in a room with a dog off its lead.
- Being left alone with a dog off its lead.
- Playing fetch with a dog

PARTS OF THE LESSON

- 1. State the problem.**
- 2. Explain what it means.**
- 3. Analyse how you react physically and emotionally.**
- 4. Make a list of ways to settle down the problem from least scary/difficult to most scary/difficult.**

"The only
THING we
have to FEAR
is FEAR
ITSELF."

