

FUN WITH PHOBIAS

Create some scary stuff!

Materials: Worksheets, phobia templates, one dictionary per youth or pair, pencils, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

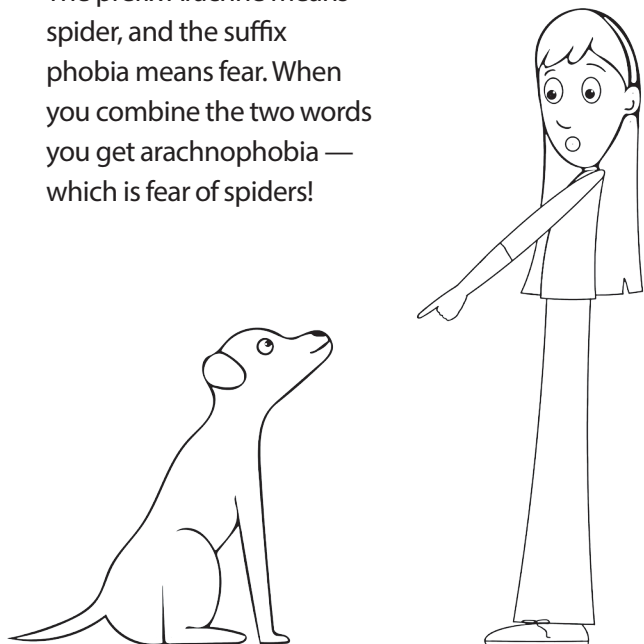
When we're so afraid of our fears that we let them win over our minds, they can become phobias. A phobia is a fear that's so powerful it can take over your life.

Some phobias are common and even have medical names.

For example, fear of spiders is called arachnophobia. Fear of heights is called acrophobia.

Phobia names come from ancient Greek words. Arachnophobia comes from a story about a Greek woman named Arachne, who challenged the goddess Athena to a weaving contest. Arachne beat the goddess, but Athena was so upset she turned Arachne into a spider.

The prefix Arachne means spider, and the suffix phobia means fear. When you combine the two words you get arachnophobia — which is fear of spiders!



ACTIVITY INSTRUCTIONS

- 1 Let's learn about some other phobias. Using a dictionary, match the number of each phobia on your template to the correct definition. You may need to share the dictionaries. You have 6 minutes.

(Set the timer for 6 minutes.)

- 2 Now, using what you've learned about phobias, you're going to create three new phobias by combining different prefixes with the word "phobia." You can use the same prefix more than once.

You'll have 5 minutes to create three new phobias. When the timer goes off, we'll talk about the discussion questions.

(Set the timer for 5 minutes.)

DISCUSSION QUESTIONS

- What phobias did you create?
- Why are they scary?
- Do you or someone you know have the phobia?
- How do you get rid of a phobia?



MATCH PHOBIAS WITH THEIR DEFINITION

Using a dictionary, match the number of each phobia to the correct definition.
You may need to share the dictionaries.

Phobia

1. pyrophobia
2. coulrophobia
3. ophidiophobia
4. glossophobia
5. astraphobia

Definition

- 5 = fear of thunder and lightning
- 2 = fear of clowns
- 4 = fear of public speaking
- 1 = fear of fire
- 3 = fear of snakes

CREATE YOUR OWN PHOBIAS!

Combine different prefixes with the word "phobia." You can use the same prefix more than once.

phon = sound

chron = time

anti = opposite

micro = small

thermo = fire

vert = turn

script = writing

ver = truth

ocu = eye

derm = skin

pod = foot

chloro = green

Example: micro + script + phobia = fear of small writing

My three new phobias

1. _____ + _____ + phobia = fear of _____

2. _____ + _____ + phobia = fear of _____

3. _____ + _____ + phobia = fear of _____

MATCH PHOBIAS WITH THEIR DEFINITION

Using a dictionary, match the number of each phobia to the correct definition.
You may need to share the dictionaries.

Phobia

Definition

- | | |
|------------------|---------------------------------------|
| 1. pyrophobia | _____ = fear of thunder and lightning |
| 2. coulrophobia | _____ = fear of clowns |
| 3. ophidiophobia | _____ = fear of public speaking |
| 4. glossophobia | _____ = fear of fire |
| 5. astraphobia | _____ = fear of snakes |

CREATE YOUR OWN PHOBIAS!

Combine different prefixes with the word "phobia." You can use the same prefix more than once.

phon = sound

thermo = fire

ocu = eye

chron = time

vert = turn

derm = skin

anti = opposite

script = writing

pod = foot

micro = small

ver = truth

chloro = green

Example: micro + script + phobia = fear of small writing

My three new phobias

1. _____ + _____ + phobia = fear of _____

2. _____ + _____ + phobia = fear of _____

3. _____ + _____ + phobia = fear of _____