

The Mind, Explained

Video Lesson (Anxiety) Students' Worksheet

Warm-up Questions

1. What are you afraid of?
2. How do you relax when you feel stressed?
3. What was the biggest challenge you overcame?

Discussion

1. What are the symptoms of a panic attack?
2. When in danger _____instinct kicks in. What does it mean and how does the body react?
3. What fears and phobias are mentioned in the video?
4. According to the video, what did people in the past do to relax?
5. How do modern people relax?

Matching

Match the words **1-10** to their definitions **a-j**

- 1) tingling
- 2) blurry
- 3) warthog
- 4) wallowing
- 5) vigilant
- 6) dilate
- 7) hallmark
- 8) squinch
- 9) culprit
- 10) rigorous

- a) an African wild pig
- b) someone who has done something wrong
- c) a typical characteristic or feature of a person or thing
- d) to press together the features of the face or the muscles of the body
- e) to have a feeling as if a lot of sharp points are being put quickly and lightly into your body
- f) extremely thorough and careful
- g) to become wider or further open
- h) difficult to see
- i) to lie or roll around slowly in deep, wet earth, sand, or water
- j) always being careful to notice things, especially possible danger