



Mrs Slater's
thought for
the day

Do you have a phobia?

A phobia is an extreme or irrational fear of something.

Sometimes people describe a dislike of something as a 'phobia'.



Some of your
teachers and
TA's have
phobias...

Miss Major has a phobia of spiders, she had to show courage here to hold a tarantula!



Miss Meadows is very frightened of frogs, but she has a pond full of them in her new house!





Mrs Hodes has a phobia of cows, even though she grew up on a dairy farm!



You probably won't have the same fears as other people in your family.

- ▶ You might think someone else's fear is strange or silly.

BUT

- ▶ It is very important to understand that something that is an easy challenge for one person might take a lot of courage for someone else.
- ▶ Look at these pictures – talk to your grown-up about whether you would need your courage for these challenges.



A fear of frogs is not likely to cause Miss Meadows too many problems.

Some people have phobias and fears that are much more difficult to manage and cope with. They have to find ways to deal with them.

People have lots of different ways to deal with their fears and draw courage.

Lots of people read the bible when they are afraid. Passages like this one from Peter might be helpful:

“Humble yourselves, then, under God’s mighty hand, so that he will lift you up in his own good time. Leave all your worries with him, because he cares for you.”

1 Peter 5:6-7

A photograph of a sunset over the ocean. The sky is filled with soft, orange and yellow clouds. The sun is low on the horizon, creating a bright glow. Two people are walking in the shallow water near the shore, their silhouettes visible against the bright background. The water is calm with small waves. The overall mood is peaceful and contemplative.

"Courage is not the
absence of fear, but
doing something in
spite of fear."

~Unknown