Paired Texts Vocabulary

“Taming the Fear Monster”

1. dissipate (DIS-uh-peyt) verb; If something dissipates, it breaks up and disappears or fades away. If you bump your funny bone, it hurts a lot, but the pain dissipates quickly. You can also use dissipate to mean “to cause something to break up and disappear or fade away.” If your dog passes gas in the car, you might open the windows to dissipate the smell.

2. irrational (ih-RASH-uh-nl) adjective; Something that is rational is based on reason. It is logical and based on facts, not on emotions. Something that is irrational is exactly the opposite: It is not based on reason or facts. If Ben is absolutely terrified of spiders even though he knows in his mind that most spiders will not hurt him, he has an irrational fear of spiders.

3. trepidation (trep-ih-DAY-shuhn) noun; Trepidation is a feeling of fear, nervousness, and uncertainty about something bad that you think is going to happen. You might feel trepidation as you walk down the stairs into a dark, creepy basement.

“Conquering Fear”

4. cower (COW-er) verb; To cower is to crouch down or curl up because you are very scared of something. If your dog is frightened by loud noises, she might cower under the bed during a thunderstorm.

5. elder (EL-der) adjective or noun; As an adjective, elder means “older.” If your sister is older than you, she is your elder sister.

As a noun, elder means “a person who is older than you are.” All adults are your elders. Elder is also used to mean “a person who has authority because of their age and experience.” If someone talks about “the village elders,” they mean older people in the village who others turn to for leadership, wisdom, and advice.
6. hover (HUHV-er) verb; Hover can mean “to fly or float in the air without moving very far in any direction.” You might see a helicopter hovering over the highway.

Hover can also mean “to stay very near to a person, place, or level.” If the temperature is hovering around 70 degrees, it’s staying right around 70 degrees. Your dog might hover around the table while you eat, hoping you’ll drop something.

7. orb (awrb) noun; An orb is an object that is shaped like a ball. An orange, a basketball, and the Earth are orbs.

8. sneer (EL-der) verb or noun; To sneer is to smile or laugh in a fake, unkind way that shows dislike and disrespect. Sneer can also mean “to speak or write in a way that expresses dislike and disrespect.”

As a noun, sneer can refer to the expression on a person’s face when they are sneering, as in, “Jake had a sneer on his face.” Or it can refer to a remark that shows dislike and a lack of respect, as in, “‘You’ll never be one of us,’ Stacy sneered.”

Directions: Below or on the back of this page, list any other words from the article or folktale whose definitions you are not sure about. For each word, use context clues to try to figure out the meaning. Then look up the word in a few different dictionaries. Discuss the meaning of the word with your teacher or another adult. Then write a definition for the word and one example sentence.
Close-Reading Questions

“Taming the Fear Monster”

1. Before his exposure therapy, how did fear affect Kyle Hargreaves? (key ideas and supporting details)

2. What is the difference between fear and a phobia? (key ideas and supporting details)
Close-Reading Questions

“Conquering Fear”

1. What does Miobe encounter on his quest that requires him to be brave? What boosts his confidence? (character)

2. In “Taming the Fear Monster,” the author explains that not interacting with the thing that scares you can make your fear even more exaggerated (19). How is this same idea expressed in the folktale? (integrating ideas)

3. In the final line of the folktale, an elder says, “Miobe has brought us the monster. Its name is fear.” What does he mean? (interpreting text)

5. When you get closer to something, it looks bigger. Why does the monster look smaller the closer Miobe gets to it? (symbolism)

6. What ideas do both the article and the folktale express about facing our fears? (synthesis, theme)
Critical-Thinking Question

“Taming the Fear Monster” and “Conquering Fear”

1. In the folktale, an elder says to Miobe, “Fool! No one can find bravery where it does not exist.” Do you agree? Is bravery a quality that can be developed?
Preparing to Write: Conquering Fear

Directions: Complete the activity below after you read “Taming the Fear Monster” and “Conquering Fear.” When you are finished, you can use what you wrote to help you respond to the prompt on page 21.

1. Nelson Mandela once said, “I learned that courage was not the absence of fear but the triumph over it.” In your own words, explain what you think Mandela meant.

2. The following questions will help you think about how Mandela’s quote applies to the article “Taming the Fear Monster.” Answer the questions using details from the article, making sure to note the page numbers where your details come from.

A. What was Kyle Hargreaves afraid of?

B. In what way did Kyle “triumph over” his fear?
3. The next two questions will help you think about how Mandela’s quote applies to the folktale “Conquering Fear.” Answer the questions using details from the folktale.

A. What was Miobe afraid of?

B. In what way does Miobe “triumph over” his fear?

When you write the first draft of your essay, you can draw on your answers to the questions you just answered. Be sure to:

- answer both questions in the writing prompt.
- give the name of the article and its author, and the name of the folktale.
- use transitions to link your ideas together so that your essay flows smoothly from one idea to the next.
“Taming the Fear Monster” Quiz

Directions: Read “Taming the Fear Monster” and “Conquering Fear.” Then answer the questions below.

1. “Taming the Fear Monster” states that fear is a survival tool. How does fear help us survive? Choose TWO answers.
   A. It increases our heart rate, which helps us stay in shape.
   B. It helps us avoid dangerous situations.
   C. It helps us figure out whether we are acting rationally or irrationally.
   D. It helps us respond quickly to danger.

2. Based on how phobias are defined in the article, which of the following is a phobia?
   A. being nervous about giving a presentation
   B. being so afraid of dogs that you won't visit a friend whose family has a calm, friendly dog
   C. feeling a mix of excitement and terror at the top of a roller coaster's big hill
   D. worrying that a growling dog might bite you

3. According to the article, if Ann has arachnophobia (fear of spiders), what should she do?
   A. avoid spiders completely
   B. lock herself in a room full of spiders for an hour
   C. work with a mental health professional so that she can be exposed to spiders in a gradual, controlled way
   D. spend time with people wearing costumes

4. At the end of “Conquering Fear,” the elder says, “Miobe has brought us the monster. Its name is fear.” The elder is saying that
   A. he has a fear of toads.
   B. our own fear can threaten us as much as or more than any outside danger.
   C. the toad's name is also Miobe.
   D. we should not feel embarrassed to feel fear.

5. “Conquering Fear” is an adaptation of an Ethiopian folktale. You can conclude that a likely purpose of this folktale is to
   A. share wisdom about the nature of fear.
   B. explain the biology of fear.
   C. warn people not to climb mountains.
   D. show how ideas about overcoming fear have changed over time.

6. Both “Taming the Fear Monster” and “Conquering Fear” support the idea that
   A. to overcome a fear, you must face the thing you are afraid of.
   B. to overcome a phobia, you should work with a mental health professional.
   C. all fear is irrational.
   D. fear helps keep us healthy and safe.

Constructive-Response Questions

Directions: Write your answers in a well-organized response.

7. What is the Exposure Response and Prevention technique, and how can it help someone overcome a phobia? Use details from “Taming the Fear Monster” to support your answers.

8. In “Conquering Fear,” an elder tells Miobe, “Our village is threatened by a monster.” Is the elder right? Explain, using details from the story to support your answer.
"Taming the Fear Monster" Quiz

Directions: Read “Taming the Fear Monster” and “Conquering Fear.” Then answer the questions below.

   A. It helps our hearts stay healthy.
   B. It helps us avoid dangerous situations.
   C. It helps us figure out whether we are acting rationally or irrationally.
   D. It helps us respond quickly to danger.

2. Based on how phobias are defined in the article, which of the following is a phobia?
   A. being nervous about giving a presentation
   B. being so afraid of dogs that you won’t visit a friend whose family has a calm, friendly dog
   C. feeling a mix of excitement and terror at the top of a roller coaster’s big hill
   D. worrying that a growling dog might bite you

3. According to the article, if Ann is afraid of spiders, what should she do?
   A. avoid spiders completely
   B. lock herself in a room full of spiders for an hour
   C. work with a mental health professional so that she can gradually learn to face spiders
   D. spend time with people wearing costumes

4. At the end of “Conquering Fear,” the elder says, “Miobe has brought us the monster. Its name is fear.” The elder is saying that
   A. he is afraid of toads.
   B. our own fear can threaten us as much as or more than any outside danger.
   C. the toad’s name is also Miobe.
   D. we should not feel embarrassed to feel fear.

5. “Conquering Fear” is based on an Ethiopian folktale. Which is a likely purpose of this folktale?
   A. to share wisdom about how fear affects us and how we can overcome fear
   B. to explain the fight-or-flight response
   C. to warn people not to climb mountains
   D. to show how ideas about overcoming fear have changed over time

6. Both “Taming the Fear Monster” and “Conquering Fear” support the idea that
   A. to overcome a fear, you must face the thing you are afraid of.
   B. to overcome a phobia, you should work with a mental health professional.
   C. all fear is irrational.
   D. fear helps keep us healthy and safe.

Constructed-Response Questions

Directions: Write your answers in a well-organized response.

7. What is the Exposure Response and Prevention technique? How did it help Kyle Hargreaves overcome his phobia? Use details from “Taming the Fear Monster” to support your answers.

8. Compare the monster that the villagers in “Conquering Fear” believed was threatening them with the monster that was actually threatening them. Use details to support your answer.
1. Imagine that you are writing a paragraph explaining one way Kyle Hargreaves’s phobia impacted his life.

A. Which of the following would be the BEST topic sentence for your paragraph?

- Kyle Hargreaves had a phobia of people in masks and costumes.
- Many people suffer from phobias like Kyle Hargreaves did.
- Kyle Hargreaves’s phobia prevented him from going places and experiencing things that would have otherwise been fulfilling and enjoyable.

B. Which information from the article supports the sentence you chose in part A?

- “Specifically, he was suffering from masklophobia: fear of people in masks and costumes.” (p. 18)
- “For Kyle, his phobia led him to avoid sports games, amusement parks, theme restaurants, and any other place where he might encounter a costumed character.” (p. 19)
- “Millions of Americans suffer from phobias.” (p. 18)

C. Which of the following BEST explains why the text evidence you chose in part B is relevant?

- It provides several examples of the kinds of experiences that Kyle's phobia caused him to miss out on.
- It shows how common phobias are in America.
- It defines the phobia that Kyle suffered from.
2. Choose the ONE piece of text evidence from the article that best supports the statement below. Then complete the sentence to explain your choice.

Many people suffer from phobias in the U.S.

A “We all experience fear from time to time.” (p. 18)
B “People with phobias often understand that their fears are irrational, yet they feel helpless to stop them.” (p. 18)
C “19 million Americans suffer from phobias.” (p. 18)
I chose ___ because ____________________________________________________________
__________________________________________________________________________

3. A. Choose the THREE pieces of text evidence from the article that BEST support the statement below.

People with phobias can have extreme reactions when faced with the thing they fear.

A “They may panic, vomit, or feel like they are going to pass out.” (p. 18)
B “Meanwhile, our brains pump hormones into our bodies that make us alert and focused so we can cope with the situation at hand.” (p. 18)
C “Then one day, at a hockey game near his hometown of Reading, Pennsylvania, the sight of mascots caused Kyle such distress that his dad thought Kyle was having a stroke.” (p. 17)
D “When our fight-or-flight response is activated—whether by a real threat or not—our hearts race, increasing blood flow to our muscles so we can run fast or fight hard.” (p. 18)
E “Such characters caused Kyle to experience true terror. His heart would pound. Sweat would pour down his face. He would have trouble breathing.” (p. 17)

B. Select one piece of INCORRECT evidence from above and explain why it does NOT support the statement.

Evidence ___ does not support the statement because ____________________________________
______________________________________________________________________________
______________________________________________________________________________
4. Choose the paragraph that correctly uses text evidence from “Taming the Fear Monster” in the form of a quotation.

A People with phobias may go out of their way to avoid the thing they are afraid of. In his article “Taming the Fear Monster,” author Matthew Hutson provides an example of this when he explains that someone with claustrophobia might choose to walk up 30 flights of stairs rather than ride an elevator (19).

B People with phobias may go out of their way to avoid the thing they are afraid of. “Someone with claustrophobia—fear of small, enclosed spaces—might walk up 30 flights of stairs rather than step into an elevator, for example.”

C People with phobias sometimes go out of their way to avoid the thing they are afraid of. In his article “Taming the Fear Monster,” author Matthew Hutson provides an example of this when he writes, “Someone with claustrophobia—fear of small, enclosed spaces—might walk up 30 flights of stairs rather than step into an elevator . . .” (19).

Explain why the two answers you did NOT choose are incorrect:

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5. Choose the paragraph that correctly uses text evidence from “Taming the Fear Monster” in the form of a paraphrase.

A It is possible to overcome a phobia. In the article “Taming the Fear Monster,” author Matthew Hutson makes this clear as he explains that a technique called Exposure Response and Prevention is used to treat phobias. The technique, Hutson writes, gradually exposes a person with a phobia to the thing they are afraid of. Over time, when nothing bad happens, the person’s feelings of fear begin to lessen (19).

B It is possible to overcome a phobia. A technique called Exposure Response and Prevention is used to treat phobias. The technique gradually exposes a person with a phobia to the thing they are afraid of. Over time, when nothing bad happens, the person’s feelings of fear begin to lessen.

C It is possible to overcome a phobia. “There, Kyle was treated with a technique called Exposure Response and Prevention, in which patients with phobias are gradually exposed to what frightens them.”

Explain why the two answers you did NOT choose are incorrect:

_____________________________________________________________________________________________________________

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6. Now it’s your turn. Write a paragraph explaining the difference between fear and a phobia:

- a topic sentence
- at least one piece of text evidence in the form of a paraphrase or a direct quotation
- a sentence that states how that evidence supports your central idea

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Finding Text Evidence

Directions: Read “Taming the Fear Monster.” Then complete the activity below.

1. Choose the TWO pieces of text evidence from the article that best support the statement below.

STATEMENT: Phobias can negatively impact a person’s life.

A “For Kyle, his phobia led him to avoid sports games, amusement parks, theme restaurants, and any other place where he might encounter a costumed character.” (p. 19)

B “It’s the feeling when our hearts pound at the top of a roller coaster or when we jump out of our seats during a scary movie.” (p. 18)

C “With a phobia, the fight-or-flight response is triggered by something that isn’t as threatening as the person feels it is.” (p. 18)

D “Someone with claustrophobia—fear of small, enclosed spaces—might walk up 30 flights of stairs rather than step into an elevator, for example.” (p. 19)

2. Choose the ONE piece of text evidence from the article that best supports the statement below. Then complete the sentence to explain your choice.

STATEMENT: Many people suffer from phobias in the U.S.

A “We all experience fear from time to time.” (p. 18)

B “People with phobias often understand that their fears are irrational, yet they feel helpless to stop them.” (p. 18)

C “19 million Americans suffer from phobias.” (p. 18)

I chose ___ because ____________________________________________________________
__________________________________________________________
3. Read the lines below from the article. Then write a statement that they all support.

A “Then one day, at a hockey game near his hometown of Reading, Pennsylvania, the sight of mascots caused Kyle such distress that his dad thought Kyle was having a stroke.” (p. 17)

B “Such characters caused Kyle to experience true terror. His heart would pound. Sweat would pour down his face. He would have trouble breathing.” (p. 17)

C “They may panic, vomit, or feel like they are going to pass out.” (p. 18)

STATEMENT:
Conquering Fear Contest
Nelson Mandela once said, “I learned that courage was not the absence of fear, but the triumph over it.” What do you think he meant? How does his quote apply to the article and the folktale? Answer both questions in an essay.

Five winners will get *Last Meeting of the Gorilla Club* by Sara Nickerson.

Entries will be judged on:
- use of information from both texts
- clarity and good organization
- use of supporting text evidence
- grammar, spelling, and punctuation

My name: ____________________________________________________________

My home phone number: ___________________ My grade: ______________________

My teacher’s name: ________________________ My teacher’s e-mail: _________________

School name: ________________________________________________________________________________________________

School address: ________________________________________________________________________________________________

City: __________________________ State: __________________ ZIP: ______________________

School phone number: ________________________________

My parent or legal guardian consents to my participation in this contest.
Parent’s or legal guardian’s signature: ________________________________________________

Include this form with your entry and send both to: scopemag@scholastic.com.
We are only accepting entries by email at this time.

ENTRIES MUST BE RECEIVED BY JULY 20, 2020!