



Name: _____

Class: _____ Date: _____

Pretty Scary? Spider Bookmark

An activity of "Traditional Spider Games May Reduce Arachnophobia".

Read the article "Traditional spider games may reduce arachnophobia" (pages 24–25, *What's Up* August 2023). The first step to overcoming fears is to remind ourselves to be brave. Follow the steps below to make a bookmark reminder that fears can be conquered.

1a) Read these two quotes by Dale Carnegie:

"Face the thing that seems overwhelming and you will be surprised how your fear will melt away."

"The way to defeat fear: decide on a conduct and follow it. Keep so busy and work so hard that you forget about being afraid."

To what extent do you agree with these quotes? Explain your answer.

1b) Can you think of a time in your life when either of the quotes proved to be true? Describe what happened.

