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.

2a) In the box below, write down one fear you hope to overcome, along with the steps you believe you need to take to overcome it.

I want to overcome my fear of		
Steps I think I should take to overcome this fear:		

2b) Cut out the box. Follow the steps in this video to fold an Origami Spider Bookmark. Keep your words on the underside of the paper so that you get a plain white spider at the end.

Origami SPIDER bookmark ≻ <u>https://youtu.be/ImDqstDn6G8</u> Origami library (1 Oct 2022)

2c) Look at the pictures of some spiders found in Singapore. Select your favourite one.

Spider checklist

https://www.singaporegeographic.com/spider-checklist Singapore Geographic

2d) Colour in the distinct markings of the spider species on your origami spider. Adjust the folds so that the spider resembles the particular species you have chosen.

Now, you have a bookmark which can remind you to face your fears bravely!

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