

**DIALOGUE
WORKS**

HomeTalk

thoughtful conversations for families and schools

Let's talk about...

Fear

compiled by Maria Prodromou www.living-dialogue.com

Note to parents/carers and teachers

This pack contains links to external websites. Whilst we take every care to make sure these are suitable, you may want to check the content before showing them to children.



To get HomeTalk emailed every week
message bobhouse@dialogueworks.co.uk



Que Viene el Coco (1799) by Francisco de Goya - National Gallery of Art, CCO, via Wikimedia Commons

Quotes about fear

I'll tell you what freedom is to me: no fear. I mean really, no fear!



Nina Simone
artist

In fear, one sees oneself or what one loves as seriously threatened.



Martha Nussbaum
philosopher

What is fear? If we can understand the question and problem of desire then we will understand and be free from fear. 'I want to be something' – that is the root of fear.



Jiddu Krishnamurti
philosopher

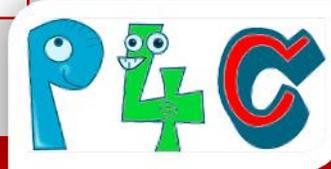
Thinking about fear

Caring thinking

If we really listened to fear, what would it say? Think of specific fears you may have.

Collaborative thinking

How can we support each other to better understand and make contact with our fears?



Creative thinking

What would it be like to be 'fearless'?

Critical thinking

Why do people enjoy getting scared? (Watching scary movies, for example.)

When was the last time you talked about your fears?

How does fear help or hinder learning? Think of examples for both.

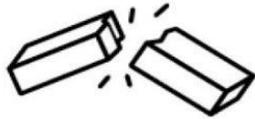
What is one small scary thing you will have to do in the future?



Think **AHEAD**

Think **BACK**

CONNECT



DIVIDE

LISTEN/LOOK

ZOOM (in/out)

Can you think of some things that almost everyone finds scary?

What dreams or wishes lie on the other side of your fears?

How do you know when someone (or yourself) is afraid? Can you always 'see' fear?

Do you have some fears that are unique to you? Can you remember how they started?

Discussion suggestions (age 3 - 5)

Stimulus



We're Going on a Bear Hunt
CELEBRATING 25 YEARS
Michael Rosen • Helen Oxenbury



<https://youtu.be/0gyI6ykDwds>

We're Going on a Bear Hunt

Michael Rosen and Helen Oxenbury
Performed by Michael Rosen

A family go on a bear hunt, going through obstacles along the way...

Talking Points

- Was it brave or silly to go on a bear hunt?
- Why would they want to go on a bear hunt?
- They keep saying, “we’re not scared” – do you believe them? Why are they saying this?
- Why, after they finally get to the bear, do they run away?

Activities

- Perform the story with your friends or family. Which character do you want to be? Why?
- Discuss what was the scariest thing you had to go through – the grass, the mud, the forest, the snowstorm or the cave?
- Perform the story but this time don’t run away. Stay with the bear. What would the bear say? What would you say to the bear?
- Go on a teddy bear hunt in the house or park.

Discussion suggestions (age 6 - 9)

Stimulus



‘Bubble-wrapped’ children...

Photo from Canva

Talking Points

- Why do some people ‘bubble-wrap’ their kids?
- What might the child be feeling?
- What is the parent/carer teaching the child by being overprotective?
- What is the ‘bubble-wrapped’ child missing out on or not learning?

Activities

- Role play with your family – be an overprotective adult and their child. What would they say to each other?
- Make a painting of what a risk-free playground would like. How much fun would an absolutely safe playground be? *(Activity courtesy of Nick Chandley.)*

Discussion suggestions (age 10+)

Stimulus



<https://youtu.be/wviha2H-8Mg>

Life Doesn't Frighten Me

Poem by Maya Angelou
Paintings by Jean-Michel Basquiat

(You can also hear the poem recited by Maya Angelou herself at <https://soundcloud.com/brainpicker/maya-angelou-reads-life-doesn't>)

Talking Points

- Who is speaking in this poem? How would you describe them? (not the person doing the voiceover, or the writer, but the kind of person who would say these things)
- Do you think life doesn't frighten them at all?
- Are your fears similar or different to theirs?
- Can life be frightening sometimes? When?
- Where does fear come from?

Activities

- Go find out three interesting things about Maya Angelou and Jean-Michel Basquiat.
- As a family, make a list of your own fears and create paintings to represent them. Share them with each other. What have you learnt about yourself and your family doing this?

[➤ More about HomeTalk, including previous editions](#)

[➤ Parent Talk Moves – tips for great conversations with your children](#)

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Training opportunities for teachers, support staff and parents

P4C Plus Foundation course (12hrs)

Teaching that puts more thinking into learning

- Introduces you to **P4C Plus** and builds your skills over the first year of practice
- Equips you with a range of skills to use in P4C inquiries and throughout the curriculum
- Includes premium resources and teacher guide

Thinking Moves A – Z course (6hrs)

Making metacognition simple across the curriculum

- Shows you how **Thinking Moves** can enhance thinking in any subject, as well as in P4C inquiries
- Gives you practical guidance on how to embed Thinking Moves into learning
- Includes premium resources and handbook

Both courses available online or face-to-face, for individuals or whole-school teams

See <https://dialogueworks.co.uk/training/> for upcoming courses

Contact enquiries@dialogueworks.co.uk for bookings or more information