

# INTERNATIONAL PANIC DAY

[http://www.eslHolidayLessons.com/06/international\\_panic\\_day.html](http://www.eslHolidayLessons.com/06/international_panic_day.html)

## CONTENTS:

The Reading / Tapescript	2
Phrase Match	3
Listening Gap Fill	4
Listening / Reading Gap Fill	5
Choose the Correct Word	6
Multiple Choice	7
Spelling	8
Put the Text Back Together	9
Scrambled Sentences	10
Discussion	11
Student Survey	12
Writing	13
Homework	14

ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

## THE READING / TAPESCRIPT

Are you a panic? Do you panic easily? Are you ever in a blind panic? Do you suffer from panic attacks? If the answer to any of these questions is 'yes', then there is a special day for you. June 18 is International Panic Day. It is a day when it is OK to be worried and concerned and run around panic-stricken. No one really knows where this day originated, but it seems a good idea to have a day when we can all freak out. Or maybe it's a day when we tell others not to panic. "Don't panic. Do NOT hit the panic button. Do not hit panic stations. The world is not about to end!" I'm sure this will calm down your panicking and panicky friends. It is strange that all previous International Panic Days have gone so smoothly.

So what is panic, exactly? It is a sudden, uncontrollable fear or anxiety that makes us lose our ability to think normally. Panic takes over our mind and makes us behave in a frightened way. We typically panic in dangerous situations such as earthquakes or at the sound of gunfire. Panic can spread very quickly. We see this where there are large crowds of people and something happens to create panic. Soon there is a stampede, which can be fatal. People also panic if they think they are going to lose money. We read all the time about 'financial', 'stock market' and 'economic' panic. We see people in a panic every day, rushing to meet a deadline or trying to find a lost document on a messy desk. What's the best way to act in a panic situation?

## PHRASE MATCH

Match the following phrases from the article.

### Paragraph 1

- |                                |                        |
|--------------------------------|------------------------|
| 1. in a blind                  | a. stricken            |
| 2. run around panic-           | b. and panicky friends |
| 3. No one really knows where   | c. out                 |
| 4. a day when we can all freak | d. panic               |
| 5. Do not hit the              | e. this day originated |
| 6. calm down your panicking    | f. panic button        |

### Paragraph 2

- |   |                            |
|---|----------------------------|
| 1. uncontrollable fear                  | a. are going to lose money |
| 2. lose our ability to                  | b. a deadline              |
| 3. the sound                            | c. or anxiety              |
| 4. People also panic if they think they | d. panic every day         |
| 5. We see people in a                   | e. think normally          |
| 6. rushing to meet                      | f. of gunfire              |

## LISTENING GAP FILL

Are you a panic? Do you panic easily? Are you \_\_\_\_\_ panic? Do you suffer from panic attacks? If the answer to any of these questions is 'yes', \_\_\_\_\_ special day for you. June 18 is International Panic Day. It is a day when it is OK to be worried and concerned \_\_\_\_\_ panic-stricken. No one really knows where this day originated, but it seems a good idea to have a day when \_\_\_\_\_. Or maybe it's a day when we tell others not to panic. "Don't panic. Do NOT hit the panic button. Do not hit panic stations. The world is not about to end!" I'm \_\_\_\_\_ down your panicking and panicky friends. It is strange that all previous International Panic Days have \_\_\_\_\_.

So what is panic, exactly? It is a sudden, uncontrollable \_\_\_\_\_ that makes us lose our ability to think normally. Panic takes over our mind and \_\_\_\_\_ in a frightened way. We typically panic in dangerous situations such as earthquakes or at the \_\_\_\_\_. Panic can spread very quickly. We see this where there are large crowds of people and something happens to create panic. Soon there is a stampede, \_\_\_\_\_. People also panic if they think they are going to lose money. We read all the time about 'financial', 'stock market' and 'economic' panic. We see people \_\_\_\_\_ day, rushing to meet a deadline or trying to find a lost document \_\_\_\_\_. What's the best way to act in a panic situation?

## WHILE READING / LISTENING GAP FILL

**Put the words into the gaps in the text.**

Are you a \_\_\_\_\_? Do you panic easily? Are you ever in a blind panic? Do you \_\_\_\_\_ from panic attacks? If the answer to any of these questions is 'yes', then there is a \_\_\_\_\_ day for you. June 18 is International Panic Day. It is a day when it is OK to be worried and concerned and \_\_\_\_\_ around panic-stricken. No one really knows where this day originated, but it seems a good idea to have a day when we can all \_\_\_\_\_ out. Or maybe it's a day when we tell others not to panic. "Don't panic. Do NOT hit the panic \_\_\_\_\_. Do not hit panic stations. The world is not about to end!" I'm sure this will calm down your panicking and panicky friends. It is \_\_\_\_\_ that all previous International Panic Days have gone so \_\_\_\_\_.

So what is panic, exactly? It is a sudden, uncontrollable fear or anxiety that makes us \_\_\_\_\_ our ability to think normally. Panic takes over our mind and makes us behave in a frightened way. We \_\_\_\_\_ panic in dangerous situations such as earthquakes or at the sound of gunfire. Panic can \_\_\_\_\_ very quickly. We see this where there are large \_\_\_\_\_ of people and something happens to create panic. Soon there is a stampede, which can be \_\_\_\_\_. People also panic if they think they are going to lose money. We read all the time about 'financial', 'stock market' and 'economic' panic. We see people in a panic every day, \_\_\_\_\_ to meet a deadline or trying to find a lost document on a \_\_\_\_\_ desk. What's the best way to act in a panic \_\_\_\_\_?

*button**suffer**run**smoothly**panic**strange**special**freak**typically**crowds**messy**spread**situation**lose**rushing**fatal*

## CHOOSE THE CORRECT WORD

Delete the wrong word in each of the pairs of *italics*.

Are you a panic? Do you panic *easy / easily*? Are you ever in a blind panic? Do you suffer from panic attacks? If the answer to any of these questions is 'yes', then there is a special day *by / for* you. June 18 is International Panic Day. It is a day when it is OK to be worried and concerned and run *round / around* panic-stricken. No one really knows where this day *originated / origins*, but it seems a good idea to have a day when we can all freak *in / out*. Or maybe it's a day when we tell others not to panic. "Don't panic. Do NOT hit the panic *zip / button*. Do not hit panic stations. The world is not about to *ending / end!*" I'm sure this will calm down your panicking and panicky friends. It is strange that all *early / previous* International Panic Days have gone so smoothly.

So what is panic, *exact / exactly*? It is a sudden, uncontrollable fear or anxiety that makes us lose our *able / ability* to think normally. Panic takes *over / under* our mind and makes us behave in a frightened way. We typically panic *on / in* dangerous situations such as earthquakes or at the sound of gunfire. Panic can spread very quickly. We see this where there are large crowds *with / of* people and something happens to create panic. Soon there is a stampede, which can be fatal. People also panic if they think they are going to *lost / lose* money. We read all the time about 'financial', 'stock market' and 'economic' panic. We see people *in / with* a panic every day, rushing to meet a deadline or trying to find a lost document on a messy desk. What's the best way to *act / action* in a panic situation?

## MULTIPLE CHOICE

Are you a panic? Do you panic easily? Are you ever in a (1) \_\_\_\_\_ panic? Do you suffer from panic attacks? If the answer (2) \_\_\_\_\_ any of these questions is 'yes', then there is a special day for you. June 18 is International Panic Day. It is a day when it is OK to be worried and concerned and run (3) \_\_\_\_\_ panic-stricken. No one really knows where this day originated, but it seems a good idea to have a day when we can all freak (4) \_\_\_\_\_. Or maybe it's a day when we tell others not to panic. "Don't panic. Do NOT hit the panic button. Do not hit panic stations. The world is not (5) \_\_\_\_\_ to end!" I'm sure this will calm down your panicking and panicky friends. It is strange that all previous International Panic Days have (6) \_\_\_\_\_ so smoothly.

So what is panic, (7) \_\_\_\_\_? It is a sudden, uncontrollable fear or anxiety that makes us lose our ability to think normally. Panic takes (8) \_\_\_\_\_ our mind and makes us behave in a frightened way. We typically panic in dangerous situations such as earthquakes or at the (9) \_\_\_\_\_ of gunfire. Panic can spread very quickly. We see this where there are large crowds of people and something happens to create panic. Soon there is a stampede, which can be (10) \_\_\_\_\_. People also panic if they think they are going to lose money. We read (11) \_\_\_\_\_ the time about 'financial', 'stock market' and 'economic' panic. We see people in a panic every day, (12) \_\_\_\_\_ to meet a deadline or trying to find a lost document on a messy desk. What's the best way to act in a panic situation?

### Put the correct words from this table into the article.

- |     |             |             |               |                  |
|-----|-------------|-------------|---------------|------------------|
| 1.  | (a) deaf    | (b) mute    | (c) blind     | (d) numb         |
| 2.  | (a) to      | (b) at      | (c) with      | (d) for          |
| 3.  | (a) round   | (b) around  | (c) rounded   | (d) roundabout   |
| 4.  | (a) in      | (b) out     | (c) up        | (d) down         |
| 5.  | (a) around  | (b) roughly | (c) about     | (d) more or less |
| 6.  | (a) come    | (b) arrived | (c) made      | (d) gone         |
| 7.  | (a) exactly | (b) exact   | (c) exacts    | (d) exacted      |
| 8.  | (a) under   | (b) along   | (c) with      | (d) over         |
| 9.  | (a) audio   | (b) volume  | (c) sound     | (d) hear         |
| 10. | (a) fatally | (b) fatal   | (c) fatality  | (d) fatalistic   |
| 11. | (a) all     | (b) every   | (c) whole     | (d) entire       |
| 12. | (a) rush    | (b) rushes  | (c) rush hour | (d) rushing      |

## SPELLING

Spell the jumbled words (from the text) correctly.

### Paragraph 1

1. Do you panic asleiy?
2. the nwrsea to any of these questions
3. is OK to be oerdrwi
4. run ounadr panic-stricken
5. The ldwor is not about to end
6. gone so olsmyhot

### Paragraph 2

7. uncontrollable fear or tyexian
8. lose our ability to think nyoarllm
9. the sound of geiurfn
10. large rscwod of people
11. rushing to meet a addeiIn
12. a panic istioutna

## PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

- ( ) originated, but it seems a good idea to have a day when we can all freak out. Or maybe it's a day when we tell others not
- ( ) previous International Panic Days have gone so smoothly.
- ( ) quickly. We see this where there are large crowds of people and something happens to create
- ( ) it is OK to be worried and concerned and run around panic-stricken. No one really knows where this day
- ( ) So what is panic, exactly? It is a sudden, uncontrollable fear or anxiety that makes us lose our ability to think
- ( ) dangerous situations such as earthquakes or at the sound of gunfire. Panic can spread very
- ( ) panic. Soon there is a stampede, which can be fatal. People also panic if they think they are going to lose
- ( ) money. We read all the time about 'financial', 'stock market' and 'economic' panic. We see people in a panic every day,
- ( **1** ) Are you a panic? Do you panic easily? Are you ever in a blind panic? Do you suffer from panic attacks? If the answer to
- ( ) to panic. "Don't panic. Do NOT hit the panic button. Do not hit panic stations. The world is not
- ( ) any of these questions is 'yes', then there is a special day for you. June 18 is International Panic Day. It is a day when
- ( ) normally. Panic takes over our mind and makes us behave in a frightened way. We typically panic in
- ( ) rushing to meet a deadline or trying to find a lost document on a messy desk. What's the best way to act in a panic situation?
- ( ) about to end!" I'm sure this will calm down your panicking and panicky friends. It is strange that all

## SCRAMBLED SENTENCES

With a partner, put the words back into the correct order.

1. blind a in ever you Are panic?

---

2. is a day when it is OK to be worried It

---

3. day not when to we panic tell a others

---

4. to The is about end world not

---

5. and friends down panicking panicky calm your

---

6. sudden a is anxiety or fear uncontrollable ,

---

7. in panic typically We situations dangerous

---

8. going are they think they money lose to

---

9. panic a in people see We day every

---

10. to act in a panic situation What's the best way?

---

**DISCUSSION (Write your own questions)**

**STUDENT A's QUESTIONS (Do not show these to student B)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Copyright © www.ESL Holiday Lessons.com

**DISCUSSION (Write your own questions)**

**STUDENT B's QUESTIONS (Do not show these to student A)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Copyright © www.ESL Holiday Lessons.com

# THE INTERNATIONAL PANIC DAY SURVEY

Write five questions about International Panic Day in the table. Do this in pairs/groups. Each student must write the questions on his / her own paper.

Without your partner, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

Return to your original partner(s) and share and talk about what you found out. Make mini-presentations to other groups on your findings.



## HOMEWORK

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find more information about International Panic Day. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about International Panic Day. Write about what happens around the world. Include two imaginary interviews with people who did something on this day.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**4. POSTER:** Make your own poster about International Panic Day. Write about will happen on this day around the world.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.