

Lesson 7: Stay Calm



Vocabulary

Practice:

<p>Calm - peaceful, quiet, or relaxed; without hurried movement, anxiety, or noise.</p>	<p><i>The pilot said we'd have to make an emergency landing, and the flight attendants tried to keep us calm.</i></p>
<p>Panic - sudden, strong feeling of anxiety or fear that prevents reasonable thought and action and may spread to influence many people.</p>	<p><i>When fire broke out, 602 people died in the panic that ensued.</i></p>
<p>Attic - a space in a house just under the roof, often used for storing things.</p>	<p><i>There are a lot of unused things in the attic.</i></p>

Dialogue Reading:

Everything will be fine

Dad: What is going on here? Why are you all in a panic?

Mom: Lou is gone! I don't know where he went or what he's doing now!

Dad: How long has he been gone?

Annie: I think he's gone for almost 4 hours now.

Dad: Did you search the house? The backyard? In the attic?

Mom: Yes! We already did! Brian please find our son! I don't know what to do now.

Dad: Sherry, stay calm. I am sure our son is around, but I'll go ahead and call the police now.

(suddenly the telephone rings)

Mom: Hello? Who is this?

Lou: Mom, it's Lou!

Mom: Lou! Where are you?! We're very worried about you because you've been gone for almost 4 hours now!

Lou: Mom, it's okay! I'm at grandma's house. You were still sleeping this morning, so I did not bother to wake you up to ask permission to visit grandma today.

Mom: Oh, thank goodness! You made us very worried about you. You'll stay there tonight?

Lou: Yep! Grandma and grandpa will come to our house tomorrow.

Exercise:

Answer the following:

1. What is calm?

- a. without hurried movement, anxiety, or noise.
- b. being excited.
- c. stressed, rough and having a lot of movements.

2. What is panic?

- a. a feeling of power or skill when faced with a challenge.
- b. reasonable thought that overcomes fear.
- c. fear that prevents reasonable thought.

3. What is attic?

- a. a part of a house that is below the first floor:
- b. a space in a house just under the roof, often used for storing things.
- c. a space in a house used by visitors.

4. How do you stay calm when you feel yourself start to panic?

5. Why should we stay calm when something goes wrong?