

Name _____ Period _____

A Special Episode for Kids: The Fear Facer

Hosted by Michael Barbaro, produced by Julia Longoria and edited by Wendy Dorr, with help from Lynsea Garrison, Jazmín Aguilera and Marc Georges

Ella Maners's fears were taking over her life — until she went to summer camp.

Sunday, September 29th, 2019

The podcast and its transcript can be found at:

<https://www.nytimes.com/2019/09/29/podcasts/the-daily/children-fears-ocd-anxiety.html?showTranscript=1>

Directions: Listen to the following podcast, stopping at the indicated times to answer the questions with details from the podcast.

Stop at 5:50, then answer:

1. What disorder does the OC the bunny have?
2. What are Ella's biggest fears?
3. What are the two biggest fears from her list?
4. What makes her fear of tornadoes so big?
5. Has she ever experienced a tornado?
6. How does Ella's mom describe how her Obsessive Compulsive Disorder functions?
7. How does Ella describe how OCD impacts her life?

Keep listening until 7:34:

8. Summarize Ella's experience in her classroom.
9. What did her mom realize the impact of how she was handling Ella's fears?

Stop at 10:00:

10. What did Ella and her mom decide to do to handle these intense fears?

Stop at 13:50:

11. What camp does she decide to go to? What is it like?

Stop at 16:03:

12. How did naming her OCD help her?

Stop at 17:45:

13. What is the strategy that they will use to help her face her fears called?

Stop at 24:14:

14. Describe the exposure exercises.

15. Why did Ella's mom second guess her choice to bring Ella to this camp?

Stop at 25:24.

16. What happened next?

17. How did Ella feel after facing her fear?

18. What did her mom say about "being at the bottom of the pit"?

19. What advice does Ella give to people who have major fears that can't go to camp?

20. What is Ella's final conclusion about her fears? Are they gone?