

UNIT INTRO

Esta Unidade tem como objetivo trabalhar o texto How to beat your Flying Phobia; o speaking Fear of flying e Do you believe in UFOs?; a música I believe I can fly como atividade de listening; o tópico Fear of what? como writing; o texto de introdução aos tópicos gramaticais e ao vocabulário: New York UFO Como tópicos gramaticais, serão trabalhados Be used to, get used to; Past Perfect

Are you ready? Let's go!

READING AND SPEAKING

How to beat your flying phobia

Read the text below and answer the questions. Confira suas respostas no **RC2**.

Circle the words you think you will find in the reading.

take off landing strange noises claustrophobia horizon babies turbulence aeroplane crash oxygen film panic psychologist cupboard newspaper holidays hospital dying sounds out of control happiness relaxing music

Via MSN, G-TALK, YAHOO-TALK ou SKYPE converse com seus colegas sobre as questões a seguir:

- Have you ever travelled by plane?
- What is the best way to travel in your opinion?
- Is travelling by plane safe?
- Do you know any story about a plane crash in your country? Tell

us.

How to beat your flying phobia

by KATE BAILY femail.co.uk



Figura 6: Trip Fonte: Blog Viagens e Turismo

Do you feel anxious at the thought of flying? Do you hold your breath during take-offs and landings and wonder when the drinks trolley is coming? You are not alone.

According to a British Airways survey, one in four Britons are 'discomfited by flying'. This discomfort can range from feeling slightly anxious to something far more deep-rooted which could make you feel so uncomfortable and out of control that you avoid flying altogether.

In fact, 10 per cent of the world's population has extreme anxiety about flying. Whether it is manageable anxiety or full blown aviophobia, the fear of flying affects the lives of millions of people.

So, what makes air travel frightening? Since every individual is different, the reasons people fear flying vary widely. Many are fearful of the strange noises the aeroplane makes, become anxious during take-offs and landings and dislike turbulence, fearing that the aeroplane will crash. Others may feel claustrophobic, be frightened of losing control or may simply fear leaving home.

The cause of these fears may be due to ignorance about how planes work, the stress of being in an unfamiliar environment such as the aeroplane cabin or may be caused by a previous experience such as a traumatic flight in the past.

Alternatively, feelings of anxiety can be caused by your body's response to pressure and oxygen changes that take place during a flight. This can involve hyperventilation, ears popping, dehydration, tiredness and stress caused by sounds such as engine noise. You may experience bloatedness or an upset stomach due to changes in air pressure.



Also, we rely heavily on visual cues for balance on the ground, such as the horizon, so it's hardly surprising that when these are removed or vary, as they do on a plane, that many people feel disorientated. These are normal responses to flying but can be upsetting if you don't know what to expect.

However if you have a severe reaction to flying, you may be phobic. This is when your fear is totally out of proportion to your situation and is coming from another, often subconscious, source. This is often related to frightening experiences from earlier in our lives. Virgin Atlantic psychologist, David Landau says, 'The fear can be deep-rooted, learned behaviour, stemming from the past.'

As babies, we have no fear, it is something we learn as children. But as we grow up and have negative experiences such as hurting ourselves, or our parents are angry with us, we file these experiences away in our subconscious. It could be, for example that you have feelings of claustrophobia stemming from when your brother locked you in a cupboard as a child or that you are frightened of dying after losing someone close to you.

These fears can be numerous and locked away in our subconscious so we are unaware of them. They may have nothing to do with flying, but can be triggered by the extra stress of being on a plane. If this happens, we can feel overwhelming panic and mistakenly blame it on a fear of flying.

Fonte: <u>http://www.dailymail.co.uk/health/article-57071/How-</u> beat-flying-phobia.html

SPEAKING

Via MSN or Skype, talk to your friends about the three different kinds of the fear of flying.



Figura 7: Cartoon Fonte: Cartoonstock site



search for more information about the fear of flying on the internet and write an advice letter (a friend of yours, a classmate or someone of your family) suggesting how to deal with this fear.

- What are the possible reasons for the fear of flying?
- Does the text suggest any aviophobia treatment?
- In groups, look at the words in red. Point the root of each word.

GET THE IDEA

Now complete the chart using the some words from the text. Confira suas respostas no **GTI7**

PREFIX	ROOT	SUFFIX
un	forget	able
	hard	ly

Suffixes

A importância de se conhecer os principais sufixos e as regras que regem a formação de palavras concentra-se na possibilidade de identificação da categoria gramatical ainda que o significado da palavra seja desconhecido, o que é de grande valia na interpretação de textos. Observe as regras de formação de palavras abaixo e os sufixos que se seguem. Veja também alguns exemplos:

> Substantivo + *ful* = Adjetivo (cheio de...) Substantivo + *less* = Adjetivo (sem...)

Exemplo: care (cuidado) careful (cuidadoso) careless (descuidado)

Substantivo + *hood* = Substantivo Abstrato

Exemplo: child (criança) childhood (infância)

Substantivo + *ship* = Substantivo Abstrato Exemplo: leader (líder)

leadership (liderança)

Adjetivo + ness = Substantivo Abstrato Exemplo: happy (feliz) Happiness (felicidade)

Adjetivo + *ity* = Substantivo Abstrato responsible (responsável) responsibility (responsabilidade)

Verbo + *tion/sion* = Substantivo

Exemplos: connect (conectar) connection (conexão) express (expressar) expression (expressão)

Verbo + er = Substantivo

Exemplo: work (trabalhar) worker (trabalhador)

Verbo + *able/ible* = Adjetivo

Exemplo: believe (acreditar) believable (acreditável)

Verbo + *ive/ative* = Adjetivo

Exemplo: inform (informar) informative (informativo)

Adjetivo + ly = Advérbio

Exemplo: final (final) finally (finalmente)

Para uma lista mais ampla de sufixos, acesse o site <u>http://www.</u> <u>sk.com.br/sk-read.html</u>

1) Após conhecer um pouco mais sobre os sufixos, complete as frases com a palavra adequada. Confira em seguida suas respostas no **GTI8**.

CONCENTRATION PATIENCE CERTAINLY WRITER CONSEQUENTLY

a) Education is	the most important part of a person's
formation.	
b) It is important to talk about his wife	e's
c) It's raining a lot	we're not going to the club.
d) David will be a great	when he grows up.
e) When it comes to difficulties.	, kids present some

2) Complete o quadro abaixo utilizando os sufixos para formar palavras. Em seguida confira as respostas no **GTI9**.

Verb	Noun	Adjective	Adverb
Create			
		possible	
			kindly
Educate			
			acceptably

INTRODUCING GRAMMAR

Be used to, get used to

Certamente você se lembra quando estudamos *used to* no livro anterior. Vamos refrescar a memória?

Used to é usado:

- para expressar um hábito do passado;
- somente no passado;
- seguido de um verbo no infinitivo.

Veja o exemplo: "I used to have dance classes years ago."

Entretanto devemos atentar para expressões que se assemelham a **Used to,** mas que possuem usos diferenciados.

Attention

To be used to é usado:

- para expresser um costume;
- no presente, passado e futuro;
- seguido de um verbo com terminação **ing** ou seguido de objeto direto.

Veja os exemplos:

She is used to working in the evening.

(Ela está acostumada a trabalhar à noite.)

I am used to the noise of the disco.

(Eu estou acostumado ao barulho da boate.)

Are the kids used to going to school by train?

(As crianças estão acostumadas a ir para a escola de trem?)

He is not used to the new job.

(Ele não está acostumado com o novo trabalho.)

GET THE IDEA

1) Vamos colocar em prática os usos das expressões estudadas. Complete as frases abaixo com used to ou to be used to. Em seguida, confira as respostas no GTI10.

- a) Barbara ______ getting up late.
- b) My uncle _____ drink beer two years ago.
- c) I ______ listening to music every day.
- d) He _____ go to the club on Sundays.

e) _____ you _____ studying in the afternoon?

Be used to X Get used to

• Usamos **be used to** para falar daquilo que nos é familiar e não mais difícil ou estranho para nós.

Ex: I'm used to getting up at 6 every morning.

• Usamos **get used to** para falar daquilo que tornou-se familiar, menos estranho ou menos difícil após um determinado período de tempo.

Ex: And as for speaking Japanese, well, I'm slowly getting used to

it.

IMPORTANTE:

- Após ambas as expresses utilize-se um verbo seguido de ing;
- Podem também vir seguidas de um substantivo ou um pronome. Veja:

I wasn't used to kids crying near me.

It just takes a while for foreigners to get used to **them**.

• Podemos usá-los em qualquer tempo verbal, diferentemente da expressão **used to** que expressa apenas hábitos do passado. Veja:

Present Simple: I'm used to getting up at 6 a.m. every day.

Present Continuous: She is slowly getting used to it.

Present Perfect Simple: I still haven't got used to being

a pedestrian in such a big city.

Past Simple: I wasn't used to kids crying so close to me.

GET THE IDEA

1) Agora que você já sabe as diferenças entre *used to e to be/get used to*, write about something that you... (Respostas pessoais)

are used to doing during the week

don't think you'll ever get used to

will have to get used to in the future

would find it impossible to get used to

weren't used to doing at one time, but you are now

are getting used to at the moment

READING FOR GRAMMAR New York UFO



Figura 8: UFO Fonte: Daily Mail site



The aliens haven't landed! UFO sighting that brought New York to a halt turns out to be balloons from nearby school

By Daily Mail Reporter

New York was abuzz on Wednesday with speculation that the little green men **had landed** when thousands of people looked up to the sky at what they believed to be UFOs.

But the mysterious objects that hovered over the West Side of the Big Apple have turned out to be nothing other than wayward party balloons from a school in Mount Vernon.

Traffic **had ground** to a halt and pedestrians stopped in their tracks to look skyward at the cluster of dots hovering overhead

Angela Freeman, headteacher of the Milestone School in Westchester said she was astonished at all the attention her decorations caused: 'It was just a freak thing. Frankly, I'm shocked by it'.

The cluster of balloons were apparently inadvertently launched when a parent bought the balloons in for a celebration at the suburban school.

'The kids had an engagement party for a teacher, and a mother brought four dozen balloons, and she's coming through the door. It is very windy in Mount Vernon. Suddenly, 12 of the balloons let loose,' Freeman explained.

The shiny balloons which were meant for language arts teacher Andrea Crapara were released at around 1pm. The first 'UFO' sighting was just thirty minutes later.

NYPD revealed that the sightings prompted several 911 calls and brought parts of the Chelsea district to a complete standstill.

'Any New Yorker will tell you, that alone is extraordinary.'

Joseph Torres, 49, said: 'It's been hovering there for a while. I'm just kind of baffled. How can it be ordinary? There is something going on.'

Witness Pete Bryant, 32, added: 'I saw five or six lights shining in the sky. There was no way that thing was a balloon.

'There was something weird about it. Light just doesn't reflect off balloons like that.'

Some blog posts linked the sighting to a book published by a retired US Air Force officer which said that October 13, the very day the sighting happened, would witness 'a massive UFO display over the world's principal cities'.

Stanley A. Fulham said in his book 'Challenges of Change' that aliens will neither land nor communicate on that date and claimed they are 'aware from eons of experience with other planets in similar conditions their sudden intervention would cause fear and panic'.

Other witnesses said the sighting was a 'real Superman moment', after the comic book hero who lived in New York.

Tim Powell, 28, said it was 'the most bizarre thing I've ever seen.

'It looked like a jellyfish made of lights that just hovered in the sky like it wanted to be seen,' he said.

'I was half expecting the aliens to beam down and introduce themselves.'

The FAA was unable to find anything abnormal or offer an explanation as to what **had happened**.

Spokesman Jim Peters said technicians double-checked their radar settings but nothing was amiss. He **had also not been** informed of any weather balloons due to be in the area.

'Nothing that we can account for would prompt this kind of response,' he said.

It has been some time since New York had a UFO scare, although in May a strange object was reported over the skies of New Jersey.

Residents of Somerville and Bridgewater called the police when they saw the long cylindrical object hurtling through the sky - which looked and sounded like an aeroplane.

Read more: <u>http://www.dailymail.co.uk/news/article-1320932/</u> <u>UFO-sighting-brought-New-York-halt-turns-balloons-nearby-school.</u> <u>html#ixzz13HTND9UB</u>

Olhe as expressões em negrito no texto e preste atenção ao que será explicado a seguir.

INTRODUCING GRAMMAR

Past Perfect

O Passado Perfeito é usado para expressar ações que ocorreram no passado, antes de outra ação no passado.

Formação

O Passado Perfeito é formado pelo verbo auxiliar *to have* no passado simples (**had**) + o particípio passado do verbo principal.

Veja o exemplo:

I had finished the report when the teacher asked us to do it.

Interrogativa

A interrogativa do passado perfeito é formada colocando-se o verbo auxiliary **had** antes do sujeito. Veja:

Had you finished the report when the teacher asked us to do it?



Negativa

A negativa do passado perfeito é formada acrescentando-se **not** ao verbo auxiliary **had**. Veja:

I had not / hadn't finished the report when the teacher asked us to do it.

Attention!!!

Em ambas as formas, o verbo principal não sofre alterações!

GET THE IDEA

Complete os espaços colocando o verbo entre parênteses no Past Perfect.
Em seguida, verifique suas respostas no GTI11.

a) Daniel (wash) the car before I asked him.

b) Larry and Bob lost the keys I (to give) them.

c) We washed the dishes after _____ (to eat).

d) They _____ (to finish) their homework when their mom got home.

e) George ______ (to leave) the party before we arrived.

2) Complete os espaços usando o Past Perfect ou o Simple Past. Em seguida, verifique suas respostas no **GTI12**.

a) I (to sleep) for 3 hours when Josh arrived.

b) Barbara answered the phone after I _____ (to call) her twice.

c) My brother had drunk three beers before he _____ (to start) lunch.

d) I _____ (to read) the book before the teacher asked us to do it.

e) Susan didn't want to go to the movies with us. She ______ already ______ it (to see).

3) Agora complete as frases abaixo usando **before** ou **after**. Em seguida, verifique suas respostas no **GTI13**.

a) I had started my homework _____ my mother arrived.

b) Ms. Spencer corrected our tests ______ we had taken them.

c) I had washed the fruit _____ I ate it.

d) Dora ironed the clothes ______ she had washed them.

e) I had written the letters _____ my secretary came into my room.



abuzz: cheio de barulho e

Britons: pessoa da Bretanha

eons: um período de tempo tão longo que não é fácil de ser

FAA: Força Aérea Americana halt: parada, interrupção,

hover: pairar, ficar suspenso landing: aterrissagem mistakenly: por engano,

NYPD: Departamento de Polícia de Nova Yorque

overwhelming: esmagador skyward: na direção do céu stemming: que se origina de algo, para o fluxo de algo

unaware: sem consciência

Witness: testemunha

discomfit: fazer alguém sentir-

beam: um feixe de luz **bloatedness**: inchaço, algo

agitação

inflado

ouvido

mensurado

parar, deter

erroneamente

indesejável take-off: decolagem

cluster: grupo

se disconfortável ears popping: estalos no

SPEAKING

Do you believe in UFOs?



Figura 9: ET Fonte: Blog TV Blank

Talk to your friends:

Do you believe in UFO's? Have you ever seen a UFO? Do you know any story about an ET?

WRITING

Fear of what?

Você sofre de alguma fobia? Vá ao fórum e escreva sobre o que você sente ou dê a sua opinião sobre as fobias. We want to know about you!

LISTENING

Number the lines according to the song! Confira suas respostas no

L2.

Listen to the song and watch the video on <u>http://www.youtube.</u> <u>com/watch?v=16FdJrrAWSo&feature=related</u>



Figura 10: Fly Fonte: Blog Maybe No, Maybe Yes

I Believe I Can Fly (R. Kelly)

- () I used to think that I could not go on
- () And life was nothing but an awful song
- () But now I know the meaning of true love
- () I'm leaning on the everlasting arms
- () If I can see it, then I can do it
- () If I just believe it, there's nothing to it
- () I believe I can fly
- () I believe I can touch the sky
- () I think about it every night and day
- () Spread my wings and fly away
- () I believe I can soar
- () I see me running through that open door
- () I believe I can fly (3x)
- () See I was on the verge of breaking down
- () Sometimes silence can seem so loud
- () There are miracles in life I must achieve
- () But first I know it starts inside of me, oh
- () If I can see it, then I can be it
- () If I just believe it, there's nothing to it

ATIVIDADES

Dê uma olhada na Lista de Verbos Irregulares no final deste livro. Aproveite e escolha 5 verbos da lista para criar frases novas e enriquecer seu vocabulário. Você pode fazer essa experiência sempre que quiser!



Você tem o hábito de pesquisar em outros livros o que está aprendendo nas unidades estudadas? Crie oportunidades de aprendizagem! Pesquise!



Se você teve qualquer dúvida nesta unidade, refaça a unidade. Caso suas dúvidas não sejam sanadas, procure o tutor do seu polo.

- () I believe I can fly
- () I believe I can touch the sky
- () I think about it every night and day
- () Spread my wings and fly away
- () I believe I can soar
- () I see me running through that open door
- () I believe I can fly (3x)

Hey, 'cos I believe in you, oh

If I can see it, then I can do it If I just believe it, there's nothing to it

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