

Урок по теме:

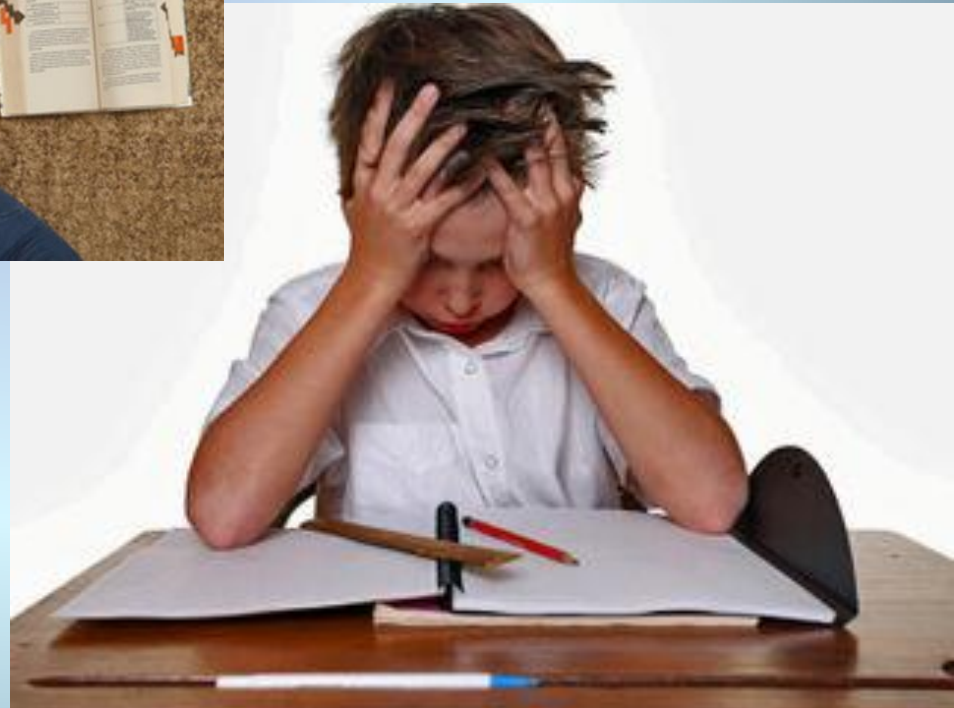
“Let’s talk about stress”

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What is going on in the pictures? Describe the pictures (use the phrases given below):



- In the picture we can see...
- Let's have a look at the picture...
- There is ... in the picture.
- I suppose/think/believe that...



Our plan

- ✓ To learn new vocabulary
- ✓ To know some new facts about each other
- ✓ To discuss some recommendations how to deal with stress
- ✓ To conduct a poll

Let's learn new vocabulary!

- To be/feel stressed out/under stress/anxious
- To experience stress/anxiety
- To feel ill-at-ease
- To work oneself to the bone
- To be exhausted/worn out

Match the expressions with their explanations:

- | | |
|---|-------------------------------|
| 1) To be stressed out/
under stress/ anxious | a) To be exhausted/
tired |
| 2) To experience stress/
anxiety | b) To feel
uncomfortable |
| 3) To feel ill-at-ease | c) To feel stress/
anxiety |
| 4) To work oneself to
the bone | d) To feel stress |
| 5) To be worn out | e) To deal with stress |
| 6) To cope with stress | f) To work hard |

Read your answer out loud!

1) To be stressed out/
under stress/ anxious

a) To worry about
something

2) To experience stress/
anxiety

b) To feel stress

3) To feel ill-at-ease

c) To feel uncomfortable

4) To work oneself to the
bone

d) To work hard

5) To be worn out

e) To be exhausted/ tired

6) To cope with stress

f) To deal with stress

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Which of the following stresses you the most?

Number the situations below from 1 (*most stressful*) to 10 (*least stressful*) according to their stress factor. Discuss with your partner.

- ☐ to fall out/argue with a friend/sibling
- ☐ to have a doctor's appointment
- ☒ to lose sth valuable
- ☐ to change schools
- ☐ to move house
- ☒ to sit exams
- ☒ to disagree with parents
- ☒ to have too much homework
- ☒ to throw a party
- ☐ to practise an instrument/sport

► A: *I find sitting exams the most stressful.*

B: *I don't agree. I think losing something is more stressful.*

Use new expressions!

E.g.: I feel stressed out when I argue with my best friend.

Modal Verbs

"Should"

Affirmative	Negative
should	shouldn't

Uses

To give advice, to express what's right, and to recommend an action. To make prediction, albeit more uncertain than with other modal verbs.

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4 Use *should* - *shouldn't* and the ideas below to make sentences about each picture.

- argue with your friend
- eat too much ice cream
- take care of your pet
- spend too much time in front of the TV
- get enough sleep
- get regular exercise



Example:

- I believe that we **shouldn't** argue with our friends in order not **to be under stress**.
- To my mind, we should **get enough sleep** to cope with **stress**.

What should you do/what you shouldn't do

What should you do	What you shouldn't do

Let's conduct a poll!

A plan:

- Choose a question
- Ask your classmates (as many as you can)
- Collect the answers (take notes!)
- Write a summary (6-8 sentences)
- Be ready to present your summary in the class

*Thank you for
your job!*