



Stress free

What is the poem about?

Sometimes in our lives,
We just need a little less stress.
Life gets so crazy at times,
We'd like to just play a little chess.

And then there are the times,
That there's things we wanna do,
But we feel like we don't have time,
To start, let alone to follow through.

So what is it we should do,
But try and make time for us.
We all need a little time,
To sit back without making a fuss.

So let's all make a plan,
To live a life less stressed.
And do the things we wanna do,
This is what I'd suggest!





STRESS

free

English lesson, form 7

Author


Structure

Resources




How do you feel?



 Listen to the music and the sounds. How do they make you feel? What images come to mind?



 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

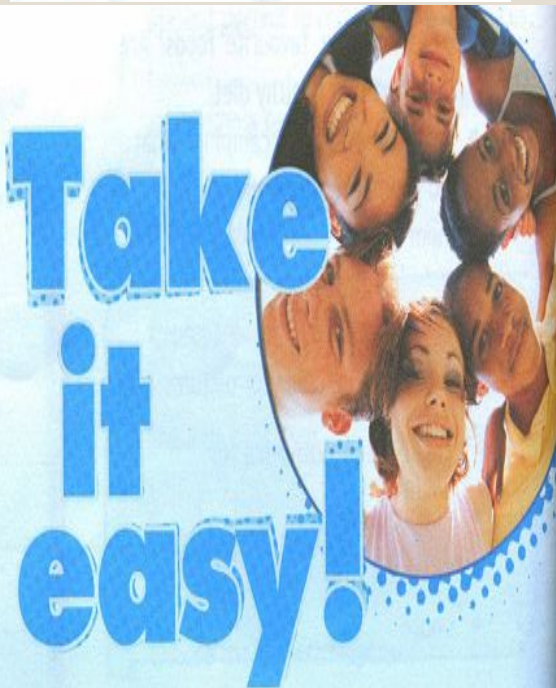
▶ A: *I find sitting exams the most stressful.*

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

a) Look at the title. What do you think the texts are about?
Read and check.

Reading & Listening

b)  Read and match texts (1-3) to (A-C). Listen and check. Then, explain the words in bold.



A I don't have enough time to talk with my friends, watch TV or simply **sit around** and do nothing. I'm always studying, practising the guitar or doing sports. Help!

B My brother and I are always fighting about silly things and I always get the **blame** while Sam **gets away with** everything. What should I do?

C A new girl has come to our school. She's pretty and all my mates say she's a snob. They're spreading all kinds of **rumours** about her and no one will talk to her now. I think that's **unfair**. How can I help her?

1 People like to **gossip**. Most of the time it is **harmless**, but it can also be **hurtful**. Break the chain! Don't spread gossip. Just say to your mates that you are not interested in **mean** gossip. Don't believe everything you hear. Introduce yourself, talk to her and form your own opinion.

2 Time **management** is the answer. Make a weekly planner, and **separate** the have-tos from the want-tos. **Allow** some want-tos in your daily timetable.

3 If you scratch my back, I'll scratch yours! You can't always **have it your way**. Learn to **co-operate**.



Then, explain the words in bold.

sit around (phr v): spend time doing nothing interesting or useful (**бездельничать**)

blame (n): accountability (**вина**)

get away with (phr v): escape without punishment (**уходить от ответа**)

rumours (n): information that may or may not be true (**слухи**)

unfair (adj): unjust (**несправедливый**)

gossip (v): say bad things about sb (**сплетничать**)

harmless (adj): not dangerous (**безвредный, неопасный**)

hurtful (adj): that hurts your feelings (**болезненный**)

mean (adj): nasty (**злой**)

management (n): control (**организация, контроль**)

separate (v): move apart (**разделять, отделять**)

allow (v): let (**разрешать**)

have it your way (exp): get what you want (**делать по-своему/получать всё, что хочешь**)

cooperate (v): work together (**сотрудничать**)

2

Circle the correct answer.

- 1 Please separate/allow the two sheets of paper.**
- 2 Ben got the management/blame for the broken window.**
- 3 Stop sitting around/away doing nothing!**
- 4 Don't worry, the animals will be fine. This experiment is completely harmless/hurtful.**
- 5 It's unfair/mean that Sue got a higher mark than Erica on this project.**
- 6 There's a strange gossip/rumour going around about Melanie.**

1

Match to form collocations. Then use the phrases in the correct form to complete the sentences.

A

1 to move

2 to sit

3 to practise

4 to throw

5 to lose

a a party

b house

c something valuable

d a musical

instrument

e an exam

B

1 We Our new address is 58 Whitehart Road, Portsmouth.

2 I this afternoon and I feel very stressed.

3 How about for your birthday?

4 What are you looking for? Have you ?

5 Helen always complains unless she

6 Is there a room at school where students can ?

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



2 You shouldn't eat too much ice cream. 3 You shouldn't spend too much time in front of the TV. 4 You should get enough sleep. 5 You should get regular exercise. 6 You should take care of your pet.



should – shouldn't



spend 1 hour watching TV
instead of your own

6

Use the notes to make sentences.

Coping with Tests. Don't Stress.

- Do you have an important test? Don't go to bed late.
- Do you want to do well? Revise early!
- Do you forget easily? Make notes as you read.
- Do you have a lot to study? Make a plan.

▶ *If you have an important test, you shouldn't go to bed late.*

If you want to do well, you should revise early. If you forget easily, you should make notes. If you have a lot to study, you should make a plan.



Psychologist



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!

- to argue with a friend
- to have a doctor's appointment
- to lose something valuable
- to change schools
- to move house
- to sit tests/exams
- to disagree with parents
- to have too much homework
- to have a party
- to practice an instrument/sport



Tip 1



I don't have enough time to talk with my friends, watch TV or simply sit around and do nothing. I'm always studying, practising the guitar or doing sports. Help!

Dan, 14



Time management is the answer. Make a weekly planner, and separate the have-tos from the want-tos. Allow some want-tos in your daily timetable.

Psychologist

Tip 2



My brother and I are always fighting about silly things and I always get the blame while Sam gets away with everything. What should I do?

Alice, 14



If you scratch my back I'll scratch yours! You can't always have it your way. Learn to cooperate!

Psychologist

Tip 3



A new girl has come to our school. She's pretty and all my mates say she's a snob. They are spreading all kinds of rumours about her and no one will talk to her now. I think that's unfair. How can I help her?

John, 15

People like to gossip. Most of time it is harmless, but it can also be hurtful. Break the chain! Don't spread gossip. Just say to your classmates that you are not interested in mean gossip. Don't believe everything you hear. Introduce yourself, talk to her and form your own opinion.

Psychologist

Click and open the words

Choose and click the words

Words

sit round

blame

get away with

rumours

unfair

harmless **get away with**

hurtful

have it your way

allow

separate **have it your way**

cooperate

cooperate



sit round

harmless

allow

separate

unfair

blame

hurtful

rumours



Practice



Do's

- Learn to cooperate!
- Make weekly plans!
- Ask for help!
- Get enough sleep!
- Revise early for exams!
- Take it easy!

Don'ts

- Don't believe everything you hear!
- Don't want it your way all the time!
- Don't leave things to the last minute!

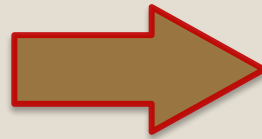
Role play



Student A

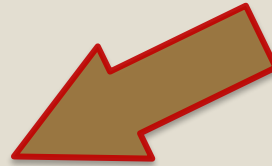
Student B

Student B doesn't look well and you ask what's the matter

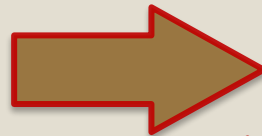


You say about the situation and ask for advice

You give your advice



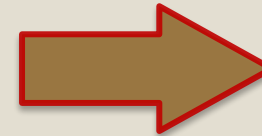
Say what you do



Give advice and wish good luck



Thank A and say you'll try to do what he/she says



5

Rewrite the sentences using *unless*.

- 1 I won't take you to the party if you don't tidy your room. ► *I won't take you to the party unless you tidy your room.*
- 2 If the children don't behave themselves, they won't go to the zoo.
- 3 If Jim doesn't pay the electricity bill, it will get cut off.
- 4 If the students don't study, they won't pass their exams.

2 Unless the children behave themselves, they won't go to the zoo. 3 Unless Jim pays his electricity bill, it will get cut off. 4 Unless the students study, they won't pass their exams.

◆ should/shouldn't/unless

5 Rewrite the sentences, as in the example.

1 sleep late/Saturday night

▶ *You shouldn't sleep late, unless it's Saturday night.*

2 take an aspirin/have a headache

.....

3 sit around doing nothing/be on holiday

.....

4 throw a birthday party/have time to make preparations

.....

5 apologise/be the one to blame

.....

7

ache or sore? Complete the gaps. Which are one word? Check in your dictionaries.

1 head

5 back

2 tooth

6 ear

3 stomach

7 eyes

4 throat

8 thumb

1 headache; 2 toothache; 3 stomachache; 4 sore;
5 backache; 6 earache; 7 sore; 8 sore

2

What is the word for each type of illness or problem?



1 h _____



2 t _____



3 e _____



4 s _____



5 s _____ t _____



6 s _____ e _____

◆ Phrasal verbs (fall)

8 Fill in the gaps with the appropriate particles. Make your own sentences.

apart
(to collapse)

behind
(not able to do sth
on time)

FALL

out with sb
(to quarrel and stop being friends)

- 1 She has fallen John because he lied to her.
- 2 He had to stay in hospital for two weeks, so he fell with his lessons.
- 3 I've had this toy train since I was a child, but now it's falling

Writing (a leaflet)

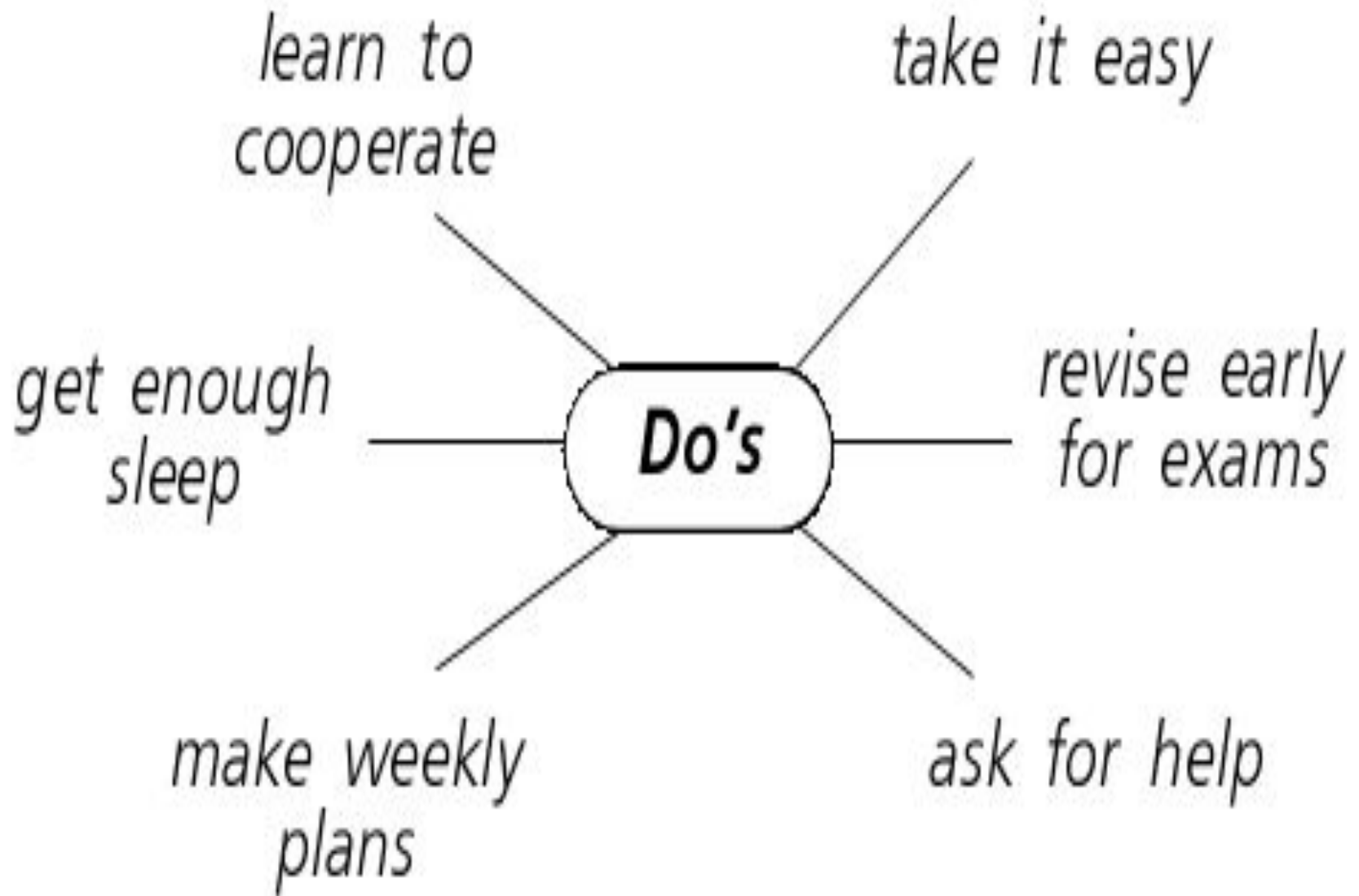
- 9** *Portfolio:* Make a leaflet like the model below, giving advice on how to cope with stress. Use the examples in Exs. 2-4 as well as your own ideas.

Dos

exercise regularly

Don'ts

Don't argue with your friend



Don'ts

```
graph TD; A[Don'ts] --- B[don't believe everything you hear]; A --- C[don't want it your way all the time]; A --- D[don't leave things to the last minute];
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*don't believe
everything
you hear*

*don't want it
your way all
the time*

*don't leave
things to the
last minute*

4

Fill in the gaps with *apart*, *behind*, *out with*.

- 1 Our car is falling We should replace it soon.
- 2 There's something wrong with George. He's falling with his work.
- 3 Have you fallen Helen? She didn't talk to you this morning.



Reflection



Not bad!



Awful!



Very well!



Excellent!