

## PROPÓSITO:

Expresa ideas relacionadas a los sentimientos y emociones, y reconoce su estructura y vocabulario propio, a través de textos descriptivos cortos, imágenes y cortometrajes, dados en inglés..

DBA 4:

Entiende la idea principal y algunos detalles relacionados con actividades, lugares y personas en un texto descriptivo corto. Para la comprensión del texto, se apoya en palabras y frases familiares. Por ejemplo, a partir de un texto biográfico, puede identificar información y detalles relacionados con lugar de nacimiento, lugares y actividades.

## MOTIVACIÓN:

Video.

### ***The importance of recognizing how we feel***

In fact, people who are good at noticing how they feel and can calm themselves down or adjust their behavior are more likely to do well in life, have healthy relationships, and manage difficulties and setbacks. Feelings are powerful and can become overwhelming at times. Both adults and children might struggle to manage their responses to their feelings and act in ways that feel very out of their control. These are some tips to manage our emotions:

- Mindful breathing
- Meditate
- Changing negative thoughts
- Positive affirmations.

### Step 1

- Watch the video and reflect. <https://youtu.be/8AGgbIQyqR8>
- After you have watched the video, write a brief reflection about Sunny and Rene's story. What is the moral of the video?

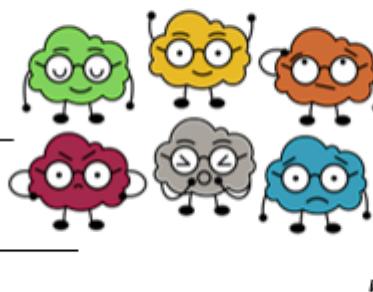


Step 2: Make a list of 5 positive and 5 negative feelings.

**POSITIVE FEELINGS**

Ex: Love

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**NEGATIVE FEELINGS**

Hate

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**EXPLICACIÓN:**

Step 3: Open the link [Video](#)

- What is this video about?
- Can you identify the characters?
- What happens with these characters?



Step 4: Identify the feelings. Open the link: [Video](#).

Step 5. Review the following explanations of the grammatical topics.

- Verb to be:

# TO BE Simple Present Tense

**AFFIRMATIVE**

SINGULAR	I	am	happy.
	You	are	at school.
	He	is	hungry.
	She	is	a nurse.
	It	is	big.

**NEGATIVE**

	I	am not	sad.
	You	aren't	at home.
	He	isn't	thirsty.
	She	isn't	a pilot.
	It	isn't	small.

Contraction of "am not" is not possible  
amn't  
isn't = is not

**PLURAL**

We	are	early.
You	are	students.
They	are	quiet.

We	aren't	late.
You	aren't	teachers.
They	aren't	noisy.

aren't = are not

**QUESTIONS**

+ Affirmative They **are** happy. She **is** rich.

? Question **Are they happy?** **Is she rich?**

Short Answer Yes, they are / No, they aren't Yes, she is / No, she isn't

**CONTRACTIONS**

I am not... = I'm not... = X (not possible)	He is not... = He's not... = He isn't...	You are not... = You're not... = You aren't...	We are not... = We're not... = We aren't...	They are not... = They're not... = They aren't...
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[www.grammar.cl](http://www.grammar.cl) [www.woodwardenglish.com](http://www.woodwardenglish.com) [www.vocabulary.cl](http://www.vocabulary.cl)

**EJERCICIOS:**

1. Complete the sentences with the verb to be that corresponds.

		
Lionel Messi _____ happy	Shakira _____ 44 years old	They _____ playing football
<b>4</b>	<b>5</b>	<b>6</b>
		
The cat _____ in the box	I _____ in love	We _____ nurses

El siguiente link contiene un sinnúmero de ejercicios para que practiques, puedes utilizar los que quieras en tu práctica, Éxitos y a aprender más sobre este tema del To Be verb!.

2. Practica el To Be verb, en el siguiente enlace: [Varios ejercicios para practicar el To Be y los pronombre personales.](#)

3. Complete the text using verb to be.

Marcia  from Brazil. She  25 years old and works as a secretary at ZLS Computers, in Dublin. She  very communicative and has a lot of friends. Two of her best friends are Miguel and Pauline. Miguel  from Portugal. He  27 years old. Pauline  a very funny French girl.

She  30 years old. Marcia and Miguel  single, but Pauline  . She  married to a doctor. She says they  very happy.

Marcia says she wants to go back to Brazil, but she  sure she  going to miss her friends.

4. Practice, solving the exercise of the guide text:

5. Go to the book “[Way to go 7](#)” and answer the following exercises.

- Verb to be – Page 12, exercise 5 and 6.
- Verb to be – Page 13, exercise 7.

### **EVALUACIÓN:**

Open the link and complete the exercises [Examen verbo to Be](#)

[Evaluación del presente simple](#)

### **BIBLIOGRAFÍA:**

[www.colombiaaprende.edu.co/colombiabilingue](http://www.colombiaaprende.edu.co/colombiabilingue)

[Way to go 7”](#)

You ToBe

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