

Maria Isabel Mejia Reyes



maybe

well

Can fix

Each other

ingles 701



Explicación

Introducing Yourself (Presentación Personal)

Listen to the explanation (Escucha la explicación)

Hello!

My Name is Bruno

How old are you?

I'm 14.
Nice to meet you Carla

Good bye!



Hello!

My Name is Carla.
What's your name?

I'm 13 years old.
And you?

Nice to meet you, too
Bye!

Let's practice!!!

Drag and drop the dialogue globes. (Completa los globos de diálogo).

I'm 13. ✓
Nice to meet you Lillian. ✓
My name is ✓
Samuel. ✓
Nice to meet you ✓
too. Bye! ✓
Hello! ✓
What's your ✓
I'm 12 years old ✓
And you? ✓
How old ✓
are you? ✓



Para recabar mayor información se pueden usar las siguientes preguntas:

- Where are you from? (¿De dónde es usted?)
- How old are you? (¿Cuántos años tiene?)
- What's your last name? (¿Cuáles es tu apellido?)
- How do you spell your first name? (¿Cómo se deletrea su nombre?)
- What's your address? (¿Cuáles es su dirección?)
- What's your phone number? (¿Cuál es su número telefónico?)
- What is your occupation? (¿A qué se dedica?)

Tell me more about you!



① What is your name?

R/ My name is María Isabel Mejía Reyes

② How old are you?

R/ I'm 12 years old

③ When is your birthday?

R/ My birthday is on May 14

④ Where do you come from?

R/ I was born in the city of Cali, Valle del Cauca department.

⑤ Where do you live?

R/ I live in Chía-Cundinamarca.

⑥ Have you got any sibling?

R/ I have a brother named Juan Camilo and he is 26 years old.

⑦ How large is your family?

R/ My family is made up of my mom, my dad and a brother, I have many uncles, aunts, cousins and a grandmother.

⑧ What do you do for a living?

R/ I am a student, I am in seventh grade at the Jose Joaquín Casas educational Institution in Chía.

⑨ Which are your hobbies?

R/ My hobbies are: Volleyball, painting, listening to music, going for a walk, playing the saxophone.

⑩ What are you good at?

R/ I'm very good at painting and playing volleyball.

⑪ What kind of music do you listen?

R/ I like to listen to electronic and pop music.

⑫ What kinds of sport do you like?

R/ The sport I like is volleyball.

⑬ What is your favourite food?

R/ My favorite food is lasagna and drinking passion fruit juice.

⑭ What kind of movies do you like?

R/ The type of movies that I like are: action movies, comedy, romantic comedy, science fiction movies, fantasy movies.

⑮ Who is your favourite actor?

R/ My favorite actor is Dwayne Douglas Johnson (The Rock) and my favorite actress is Emma Watson.

⑯ How do you spend your holidays?

R/ I spend my vacations where my grandmother, in the city of Cali.
I visit my aunts, uncles.
I go to the pool.
I visit the shopping centers where I buy nice things.
Like the foods typical of the Cauca valley.

siblings = brothers and sisters

to do for a living = to have a job

be good at = to have the ability to do certain things very well.
Ex. He is good at fixing things around the house.

Music

rock, pop, hip-hop, jazz, electronic, country, rap, classical, heavy metal, punk, folk, soul

Movies

action movie
comedy
romantic comedy
horror movie
sci-fi movie
fantasy movies
historical movies
documentaries
thriller
animated / cartoons

Let Me Introduce Myself

- My name is ...
- I come from ... (country)
- I live in ... (city)
- I'm ... (age)
- There are ... people in my family. They are ...
- I'm a student at ...
- My major is ... (major)
- My favorite subject is ... (subject)
- My hobbies are ...
- In my free time, I also enjoy ... (sport)
- I don't like / dislike / hate ...
- My favorite food / drink is ...
- I like ... (movie)
- My favorite singer / band is ...
- I sometimes go to ... (place), I like it because ...
- I study English because ...
- I've been learning English for / since ...
- I would like to be a / an ... (job) because ...



Subjects

Physics
Math
Music
Science
Literature
Biology
English
Geography
Chemistry

Movies

Action
Comedy
Romance
Horror
Drama
Thriller
Cartoons



Majors

Accounting
Arts
Economics
History
Languages
Marketing
Journalism
Sociology
Philosophy

Sports

Volleyball
Basketball
Tennis
Yoga
Cycling
Swimming
Fishing

Hobbies

Reading books / newspapers
Playing computer games / Internet / board
Surfing the Internet
Collecting stamps / coins
Listening to music
Chatting with best friends
Go shopping / camping

Because

I have had a beautiful memory here.
This is one of the most beautiful places I have visited.
It's very important and necessary.
I have to improve my English skills.
I want to learn more about this language.
I love this job.



Hello, my name
is Susie.
I'm from The USA.
I live in Miami.
I'm 10 years old.
I like dogs.
What about you?

Formal and Informal Greetings

Formal Greetings

- Hello Mary!
- Hello.
- How are you?
- Good morning.
- Good afternoon.
- Good evening.
- What are you doing?
- It's nice to meet you.
- How is it going?
- How are you doing?
- Good to see you.
- It is a pleasure to meet you.
- How do you do?
- It's an honor to meet you.
- Nice to meet you.



Informal Greetings

- Hi!
- Hey!
- What's up?
- Howdy!
- How are ya?
- What's new?
- What's going on?
- How is it going?
- How are things?
- What's up?
- How is everything?
- How's life?
- Long time no see!



Passive

Emotionally dishonest, indirect, inhibited, self-denying, blaming, apologetic.

"Others' rights and needs take precedence over mine"

Passive Aggressive

Emotionally dishonest, indirect. Self-denying at first. Self-enhancing at expense of others later.

"I subtly make clear that my rights and needs prevail"

Aggressive

Inappropriately honest, direct, expressive, attacking, blaming, controlling, self-enhancing at expense of others.

"I boldly insist that my rights and needs prevail"

Assertive

Appropriately honest, direct, self-enhancing, expressive, self-confident, empathic to emotions of all involved.

"I clearly express that we both have rights and needs"

UNIT >> 3

Taking Care of Myself and of Other People

Lesson 1 >> Getting to Know Yourself

- ① Read the e-mail about Cristal and answer the questions. Write full sentences.

✍ Compose Message ✕
📧 Send 🗑

From cristal@sync.com

To helpmeplease@teenpsy.com

Subject Unhappy Family

I am so stressed! My parents are getting a divorce and I'm finishing school this year. I can't concentrate when I study and can never finish my homework. I feel too sad to motivate myself. I have a horrible feeling in my stomach all the time and I can't eat. I can't sleep well at night either. I need to pass all my exams. What can I do?

Traducción del texto.

Asunto → Familia Infeliz.

Estoy muy estresada! Mis padres se van a divorciar y estoy terminando la escuela este año. No puedo concentrarme cuando estudio y nunca puedo terminar mi tarea. Me siento

demasiado triste para motivarme. Tengo una sensación horrible en el estómago todo el tiempo y tampoco puedo dormir bien por la noche. Necesito aprobar todos mis exámenes, ¿qué puedo hacer?

① Why is Cristal stressed?

R/ Her parents are getting divorced.

② Is she doing well at school?

R/ Cristal is not doing well in school, unable to concentrate, or finish her homework.

③ How does she feel?

R/ Feel too sad to motivate your self.

④ What are the symptoms of her stress?

R/ The symptoms of your stress are:
• Horrible feeling in the stomach.
• Can't sleep at night.

⑤ What can she do?

R/ Cristal must calm down and keep in mind that even if her parents divorce, they will always be with her at all times, they will love her and take care of her all their lives.

- ② Write an email to Cristal giving her advice on how to deal with her stress.
You can use the ideas in the word Bank or your own ideas.

Word Bank

do Exercise

do something you enjoy

meditate or pray

organize time effectively

Spend time with people who have a positive attitude.

talk about your feelings with your parents or someone you trust.

From

Helpmeplease@teenpsy.com

to

cristal@sync.com

Subject

help Cristal

Dear Cristal,

I know your situation is difficult, but discuss your feelings with your parents or someone you trust. Share your free time with people who have a positive attitude.

To improve your study, organize your time effectively, so that you can finish your assignments on time and pass all subjects.
When you are alone meditate or pray, that helps our heart to rest and we are in a state of peace.
Finally, take advantage of free time by exercising, this helps a lot to end stress, like reading, going to the movies, painting.
Hopefully these words help you to leave the sad and face this situation calmly.

Traducción del Correo.

Asunto: Ayuda a Cristal.

Querida Cristal.

Se que tu situación es difícil, pero habla de tus sentimientos con tus padres o con alguien en quien confies. Comparte tu tiempo libre con personas que tengan una actitud positiva.

Para mejorar tu estudio, organiza el tiempo de manera efectiva, para que así puedas terminar a tiempo tus tareas y aprobar todas las materias.

Cuando estes sola medita o reza, eso ayuda a que nuestro corazón descanse y estemos en un estado de Paz.

Por último aprovecha el tiempo libre haciendo ejercicio, esto ayuda mucho a que el estrés se acabe, al igual que leer, ir a cine, pintar.

Ojala estas palabras te ayuden a dejar la tristeza y enfrentar esta situación con calma.

Lesson 2 >> Getting on with Others

① Answer the questions about yourself

1. How do you help your mother?

R/ I help my mother, being responsible in the study and fulfilling all the duties that they give me.

2. What do you do to help in your house?

R/ To help in my house, I take care of tidying up my room and I do other duties, such as: sweeping, washing the slab, cooking, cleaning the dust.

3. How do you help your neighbours?

R/ I help my neighbours whenever they ask me for a please and I am in my capacity to do so.

4. Do you often help other people in your school?

R/ I always help everyone at school, especially my class mates.

5. Do you help elderly people?

R/ I always help the elderly when they need it, be it at home, on the street, at school, in a shopping center.

② Read the text and answer the questions.

"Life" Helping the Elderly

Many old people are very lonely because they do not have families or their families do not keep in touch with them. This can cause them to get depressed. Nowadays, some elderly people live together in special places known as retirement homes or old people's homes. For this reason, a new practice to help elderly people in old people's homes is becoming very popular.

For example, sometimes small children from Kindergarten come to play with them for a few hours a day. This makes the old people very happy and, at the same time, the little children are happy to be the centre of attention. There is another option for students who need a place to live. As they are students they cannot pay high rent so instead they volunteer to help elderly people: they cook for them, get them things from the supermarket, or simply keep them company in exchange for a place to live.

Traducción del Texto.

"La Vida" "Ayudando a los ancianos"

Muchas personas mayores se sienten muy solas porque no tienen familia o sus familias no se mantienen en contacto con ellos. Esto puede hacer que se depriman.

Hoy en día, algunas personas mayores viven juntas en lugares especiales conocidos como residencias de ancianos o casas de retiro.

Por ello, se está volviendo muy popular una nueva práctica para ayudar a las personas mayores en los hogares de ancianos.

Por ejemplo, a veces, los niños pequeños de los jardines de infancia vienen a jugar con ellos durante algunas horas al día. Esto hace que los mayores sean muy felices y, al mismo tiempo, los niños pequeños están felices de ser el centro de atención.

Existe otra opción para los estudiantes que necesitan un lugar donde vivir.

Como son estudiantes, no pueden pagar un alquiler alto, por lo que se ofrecen como voluntarios para ayudar a las personas mayores: Cocinan para ellos, les compran cosas del supermercado o simplemente les hacen compañía a cambio de un lugar donde vivir.

1. Why are many old people lonely?

R/ Many older people feel lonely because they have no family or their families do not keep in touch with them.

2. In your own words, what is a retirement home?

R/ A retirement home is where older people live for different situations, such as:

- They have no family.
- The family go and leave them there.

3. What is the new practice at some retirement homes?

R/ The new practice in some residences for the elderly is to take children from kindergartens to play with them for a few hours a day.

This makes older children very happy and, at the same time, young children are happy to be the center of attention.

4. Why is it good for students to live with elderly people?

R/ It is good that students live with older people, because in this way the students do not pay

rent and in return they cook for them, bring them groceries or simply keep them company.

③ Answer the questions with your own ideas.

1. How often do you visit your grandparents?

R/ I have a grandmother who lives in the city of G. because of the pandemic for more than a year we have not traveled, but I constantly talk to her on the phone or make video calls.

2. What do you think of the ideas in the text?

R/ I think that it is very good that children and students help the elderly, so that they do not feel alone due to the abandonment of their families.

3. Where do you think elderly people should live?

R/ Older people must live with their families, which provide them with emotional, spiritual and financial support.

Lesson 3 >> It's a Matter of Communication

① Circle all the options which are NOT characteristics of assertive communication.

1. Expressing what you need, want, feel or believe, in a respectful and positive way.

2. Using aggressive or rude words.

3. Being honest.

4. Being calm.

5. Not listening to the other person.

6. Always saying "yes" to the other person, even when you want to say "no".

② Identify examples of assertive communication. Circle all the options.

1. I'm sorry, but I can't do that. I don't think it is right.

2. Hey loser, give me my book.

3. Are you an idiot? Do I have to repeat the same thing again?

4. Could you please open the window?

5. Shut up! I'm talking!

6. I don't want to go to your stupid party.

③ Write assertive alternatives to the sentences in exercise 2. Use the expressions in the box to help you.

1. Excuse me, but I can't go to your party.

2. Could you please return the book to me.
Thank you very much.

3. I'm sure I'll be happy to explain the class again.
One minute please.

4. Excuse me, I finish explaining the story and
I will gladly give you the floor.
Thank you so much.