

## Lesson 2 » Getting on

### 1. Answer the questions about yourself.

- How do you help your mother?  
being more understanding
- What do you do to help in your house?  
I would do more general cleaning
- How do you help your neighbours?  
I would help her wash the car and prune the garden
- Do you often help other people in your school?  
If necessary, yes
- Do you help elderly people?  
I would

### 2. Read the text and answer the questions.

- Why are many old people lonely?  
because their families abandon
- In your own words, what is a retirement home?  
It is a place where they can no longer take care of them
- What is the new practice at some retirement homes?  
take children to play with the elderly
- Why is it good for students to live with elderly people?  
because so they can be missing from them and give them the attention they need

### 3. Answer the questions with your own ideas.

- How often do you visit your grandparents?  
I always stay with them for a week or sometimes much more
- What do you think of the ideas in the text?  
something very beautiful is perfecting me
- Where do you think elderly people should live?  
in nursing homes

## Life



## Helping the Elderly

Many old people are very lonely. They do not have families or do not keep in touch with them. This can cause them to get depressed. Some elderly people live in special places known as retirement homes or old people's homes. For a new practice to help elderly people, some retirement homes are becoming kinder. For example, sometimes students from kindergartens come to visit them for a few hours a day. This makes old people very happy. At the same time, the little children are at the centre of attention. This is a good option for students who live far from home. As they are students, they have high rent so instead they can help elderly people. They can get them things from the supermarket.

## 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.



Excuse me, but ...  
Could you please ...?  
Sure ... just a minute  
Thank you very much  
I'm sorry but ...  
I'd love to ..., but ...

- not thanks you very much
- okey, leave it like that  
don't worry
- I understand it will not be  
repeated again

# 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.

1. Why is Cristal stressed?

Her parents are getting divorced.

2. Is she doing well at school?

not doing well

3. How does she feel?

stressed

4. What are the symptoms of her stress?

cannot eat or sleep

5. What can she do?

clear your mind with things you like

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

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?

From: Helpmeplease@teenpsy.com

To: cristal@sync.com

Subject:

Dear Cristal,

I know your situation is difficult, but  
try to meditate more, drink coffee  
do things that you like and  
that will make you concentrate  
in school