

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?

She can't concentrate when studying and she can't finish her homework

3. How does she feel?

She feels too sad

4. What are the symptoms of her stress?

She has a horrible feeling in her stomach, she can't sleep and eat

3. What can she do?

She can calm down, and talk with her parents

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: recommendations

Dear Cristal,

I know your situation is difficult, but do something you enjoy, organize time effectively, do exercise, talk about your feelings with your parents or someone you trust.

Lesson 2 » Getting on with Others

1. Answer the questions about yourself.

1. How do you help your mother?

I help cleaning the house

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

I wash the dishes, I help sweep

3. How do you help your neighbours?

I help by advising

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

I help by explaining Homework

5. Do you help elderly people?

I help push the queues

2. Read the text and answer the questions.

1. Why are many old people lonely?

because they do not have families

or their families do not keep in touch with them

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

It is a place of the elderly

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

Sometimes small children from kindergartens come to play with them for a few hours a day

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

they cannot pay high rent so instead they volunteer to help elderly people.

3. Answer the questions with your own ideas.

1. How often do you visit your grandparents?

Every day

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

very good, because we can help the elderly

3. Where do you think elderly people should live?

In their houses

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. Now, as 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 people's homes is becoming very popular. For example, sometimes small children from kindergartens come to play with them for a few hours a day. This makes 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, simply keep them company in their place to live.

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.



Useful Expressions

Excuse me, but ...

Could you please ...?

Sure ..., just a minute please.

Thank you very much/Thanks, but I'm afraid I can't.

I'm sorry but ...

I'd love to ..., but ...

Excuse me, but I have to leave now to go back for personal reasons.
Could you please help me.

Sure if just a minute please.

Thanks, but I'm afraid I can't go.

I'm sorry but I'm walking away.

I'd love to go but I can't.