

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?

he is not doing well he can't

3. How does she feel?

Feels too sad

4. What are the symptoms of her

stress? have a stomach ache and can't sleep

5. What can she do?

get distracted and talk to your 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: My recommendation

Dear Cristal,

I know your situation is difficult, but you must understand they are not having a nice situation either and you try to clear your mind, do something you like maybe that way you get distracted for a while, or can also talk to your parents

Lesson 2 » Getting on with Others

1. Answer the questions about yourself

1. How do you help your mother?

helping to fix the house

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

I wash the dishes and mud

3. How do you help your neighbours?

when they need something they borrow

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

yes

5. Do you help elderly people?

If I can, yes

2. Read the text and answer the questions

1. Why are many old people lonely?

because they don't have families

2. In your own words, what is a retirement

home? it is where they take grand
parents so that they can take care of
proceed

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

to help the elderly

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

grandparents happier

3. Answer the questions with your own ideas

1. How often do you visit your grandparents?

they are in another country therefore
I can not

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

I think it's a good idea

3. Where do you think elderly people should live? I say that they should

live with their families

Life



Helping the Elderly

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

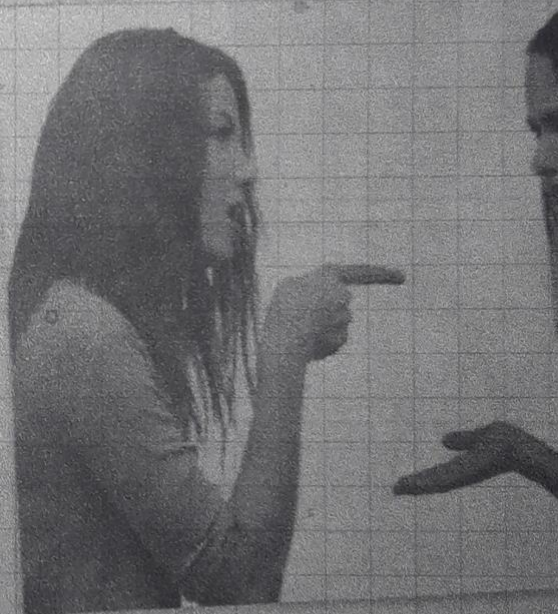
Lesson 3 » It's a Matter of Communication

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.



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

2. Speak to me with respect

3. Don't talk to me like that

5. Speak to me with respect please

6. OK, no problem but please treat me with respect.