

Sara Valentina Flores Olivares

ingles
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4. What are the symptoms of her stress?
can not concentrate this sad can not eat or sleep

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

from: helpmeplease@teenpsy.com

To: cristal@yhc.com

subject: divorced family

Dear cristal

I know your situation is difficult, but
But think positively think that your
parents are going to divorce because
there is no more chemistry between
the two of them and that it is
better to have a heavy environment in
your house every day you fight or that

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your parents are happy since they no longer love each other and you're going to see them both one weekend in semana or another during the week

Lesson 2 → Getting on with others

1. Answer the questions about yourself

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

make my bed and keep everything tidy

3. How do you help your neighbours?

I don't help them for gossip

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

not so often because on the contrary they help me but if I can I will

5. Do you help every people?

yes

2. Read the text and answer the questions

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

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yoga and Knitting and aerobics

Q. why is it good for students to live with elderly people?

Because it is dangerous for a minor to live alone apart from those who still cannot stand up for themselves

3. Answer the questions with your own ideas

1. How often do you visit your grandparents?

Before the pandemic every 8 days and in the pandemic once a month or every 13 days.

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

Well, they are very good

3. Where do you think elderly people should live?

in their home with their children with

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a nurse to take care of them or
with their pets or their husband
but never in a nursing home

Lesson 3 >> it's a Matter of Communi-
cation

1. circle all the options which are Not
characteristics of assertive communica-
tion

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 communica-
tion. circle all the options. yes

3. Are you an idiot? no I have to
repeat the same thing again no

4. could you please open the window? yes

5. shut up I'm talking no

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3. Write a sentence about a native to the sentences in exercise 2 use the expressions in the box to help you

I am Soto and I use a very good language. I do not say rude and I try not to communicate in a rude way.

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Taking Care of Myself and of other People

Lesson 4 → Getting to know yourself

1. Read the e-mail about cristal
and answer the questions write full
sentences

2. Why is cristal stressed?

Her parents are getting divorced

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?

3. Is she doing well at school?

No he is not good because he can
not concentrate