

# lesson 1

Scribe

1 why is cristal stressed?

Rta Her parents are getting divorced

2 is she doing well at school?

Rta he is not doing well because he does not consent

3 How does she feel?

Rta feel stressed

4 what are the symptoms of her stress?

Rta cant eat, sleep

5 what can she do?

Rta talk to a familiar person about your feelings

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

### Solution

Dear cristal:

I know your situation is difficult but, talk about your feelings with your parents or someone you trust. Also meditate and talk to GOD.

## lesson 2

Scribe

1) How do you help your mother?

Rta doing what I ask

2 what do you do to help in your house?

Rta I help in doing the job.

3 How do you help your neighbours?

Rta watering the plants

4 Do you often help other people in your school?

Rta sometimes Cd

5 Do you help elderly people

Rta yes i help them

2 read the text and answer the questions

1 why are many old people lonely?

Rta why they have no family and do not keep in contact

2 In your own words what is a retirement home?

Rta when they never go back to after a certain age

3 what is the new practice at some retirement homes?

Rta take the children out of the gardens to spend time with the elderly

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

2a makes older children very happy and at the same time young children are happy to be the center of attention

3 Answer the questions with your own ideas

1 How often do you visit your grandparents?

2a I visit them almost every day

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

2a I think they are good but the most important thing is to give them love

3 where do you think elderly  
people should live  
Rta at home with your family

## Lesson 3

1  
Rta: the correct answers are:

2 Using aggressive or rude words

5 not listening to the other person

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

2 the correct answers are

1 I'm sorry but I can't do that  
I don't think it's right

3

mommy : daughter can you do me  
the favor of bringing me a box  
of milk

daughter : Of course mommy but give  
me \$min and I'll do you a favor

mommy : thank you daughter in  
\$min I hope the favor daughter  
daughter : well mommy

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