

solution

7 read the email about Cristal
and answer the questions write
full sentences.

7 why is Cristal stressed?

Her Parents are getting divorced

2 is she doing well at school?

not doing very well

3 how does she feel?

very stressed

4 what are the symptoms of her
stress? feeling of pain in the
stomach

5 what can she do?

do not worry and that school

does well even if your parents get

divorced you should move on

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 idea.

Dear cristal,

I know your situation is difficult but you can't do something you like you can meditate for an hour or organize your effective time or you can also spend time with people who have a positive attitude or talk about your feelings with their parents or someone you trust or exercise or do something you like well I'll leave you and bye I hope you solve your problem

1 answer the questions about your self.

1 How do you help your mother?
I help her with the house chores. I help her clean the house sweep clean make the beds and wash the dishes.

2 What do you do to help in your house?
I do cleaning and mopping and etc.

3 How do you help your neighbours?
The y dont let me talk to my neighbours.

4 do you often help other people in your school? Sometimes he helped my friends at school with homework or sometimes they didn't tend to.

3 do you help elderly people?
don't help older adults much

2 read the text and answer the questions.

1 why are many old people lonely?
because they do not come to visit him and he feels alone due to lack of company from his relatives.

2 in your own words what is a retirement home?

for me it is a place where retired people take care of themselves

3 what is the new practice at some retirement homes? that kindergarten children go to visit and play with the elderly so that they feel happy and the children have attention

Why is it good for students to live with elderly people?
so that they teach them things and learn.

3 Answer the questions with your own ideas.

1 How often do you visit your grandparents?
I visit them afterwards since they came above us

2 What do you think of the idea in the text? that do you think of the idea in the

3 Where do you think elderly people should live? with his family

7 Circle all the options with all hot capturing 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
- 7 identifying examples of assertive communication circle at 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

Q i don't want to go your stupid party.

Write assertive alternatives to the sentences in exercise 2. Use the expressions in the box to help you.

excuse me please but i could
open the window
clear just a minute thanks
you so much