

Stress

Level: upper-intermediate (B2)

Time: 45 minutes

Aims:

- To learn about stress
- To learn about different ways of dealing with stress
- To learn about the stress reasons
- To learn vocabulary connected with stress
- To look for specific information in the internet
- To read for specific information
- To transfer the information.

Language functions:

- To describe the stressful situations
- To plan and analyze
- To compare and analyze
- To use vocabulary connected with stress
- To look for specific information
- To read for specific information
- To use the research to write an article.

CLIL: Biology/ Chemistry/ IT

Materials: web pages, presentation

STAGE	AIMS	PROCEDURE	TIME	MATERIALS
Warm-up activity	To provide students with introduction to the topic. To talk about stress	Start your lesson asking your students if they have ever been stressed. Ask them what might have caused their stress. Allow some time for short discussion. You may put some of the ideas on the board.	8 min	
Main part of the lesson	To introduce the topic. To get students interested. To work with web pages. To look for specific information. To transfer the information. To cooperate. To solve the problem.	1.Introduction Ask your student if they are stressed now. Have a short discussion on how they feel today, if they have any stressful events coming such as exams, tests etc. Then tell them to go page : http://www.stress.org.uk/stresstest.aspx And have an online quiz on how vulnerable they are to stress. Allow some time for a quiz. Then ask your students what results they have. They may compare their results in small groups or with the class. Give them some time to think about it.	10 min	http://www.stress.org.uk/stresstest.aspx

