

## STRESS

*TOPIC:* stress avoidance, good and bad stress, stress management

*LEVEL:* upper intermediate/ advanced

*Time:* 45 minutes

*Objectives:*

- to learn or revise vocabulary connected with stress and stress management
- to learn how to reduce stress
- to develop reading, speaking and listening comprehension skills

*Language functions:*

- to exchange ideas about stressful situations in our lives
- to understand a written text

*CLIL:* Biology, IT Technology

*MATERIALS:*

*For this lesson, you will need:*

- Computer with Internet access

## STRESS

STAGE	AIMS	PROCEDURE	MATERIALS/ RESOURCES	TIME
<b>WARM UP</b>	-to make sts interested in the topic  -to develop speaking skills	<b>GROUP WORK</b> - general questions.  Sts work in pairs. They are given a list of questions that they have to ask and answer. They are encouraged to ask more questions to start a discussion.	Worksheet 1	5min
<b>MAIN PART OF THE LESSON</b>	-to develop listening skills  -to develop speaking skills	<b>LISTENING</b>  Sts watch a short video on you tube <a href="https://www.youtube.com/watch?v=hnpQrMqDoqE">https://www.youtube.com/watch?v=hnpQrMqDoqE</a> about stress management. After watching they have to explain what stress is and how we can reduce it. They do it in small groups and then one person reports it to the rest of the class.	<a href="https://www.youtube.com/watch?v=hnpQrMqDoqE">https://www.youtube.com/watch?v=hnpQrMqDoqE</a>	10min
	- to develop reading skills  -to check reading comprehension	<b>READING COMPREHENSION</b>  Sts go to the following website: <a href="http://www.bjceap.com/?id=33046&amp;sid=34">http://www.bjceap.com/?id=33046&amp;sid=34</a>  In order to read an article "Good Stress and Bad Stress-Is There a Difference?".  After reading it they will have to present a definition of good and bad stress and also s the best ways to stay healthy under stress.	<a href="http://www.bjceap.com/?id=33046&amp;sid=34">http://www.bjceap.com/?id=33046&amp;sid=34</a>	15 min
	-to revise biological terminology	<b>Online Quiz - Stress and Anxiety</b>  Sts go to the following website: <a href="http://greatergood.berkeley.edu/quizzes/take_quiz/8">http://greatergood.berkeley.edu/quizzes/take_quiz/8</a> and they complete a test. When they are done, they will get their score, along with resources for combating stress. If time allows, they can share and discuss their score with their classmates.	<a href="http://greatergood.berkeley.edu/quizzes/take_quiz/8">http://greatergood.berkeley.edu/quizzes/take_quiz/8</a>	10 min
<b>WRAP - UP/ CLOSURE</b>	-to develop listening skills  - to relax after a stressful lesson	<b>LISTENING</b>  To unwind and relax after a stressful lesson sts listen to a popular song by DIDO called SEES THE SUN. While listening they have to complete the missing words.	Worksheet 2  <a href="https://www.youtube.com/watch?v=YT0MnvgatrA">https://www.youtube.com/watch?v=YT0MnvgatrA</a>	5 min