ACTIVITY #1

READ: Con la lectura de los 3 textos debe coincidir una de las preguntas a,b,c de la actividad de lectura. Arrastra las preguantas al párrafo correcto.

In Context » Everybody Is Different!

Speak » Discuss the photos with a partner. Which photo best represents the society we live in?

A

B

21st Century Skills
• *Critical Thinking*

How do you think photo B influences how we feel about our bodies?

Read » Read the three texts from a wiki. Match the questions with the correct text.

a. What is *body image*?
b. Why is self-esteem important?
c. How does the media affect people negatively?

1 In our lives, we all interact with different kinds of media which provide information and messages that influence our perception of reality. This influence can turn negative if we cannot process the messages in a critical and healthy way. First of all, if we believe in the ideal of a 'perfect body' that the media promotes, we will be frustrated at not being beautiful enough. This can create a negative body image. Secondly, if we let the media tell us how to be happy and successful, we will spend a lot of time, money and energy going after the wrong ideals and values.

2 The picture we create in our mind of how we look is called *body image*. But this perception is not just an image or an idea. It is a feeling that influences our personality and our behaviour. If you have a positive body image, you will feel good about who you are, not only about how you look. If you are unhappy with your body image, this can affect your self-esteem and create negative feelings. If those feelings continue, they can turn into serious illnesses like eating disorders or depression.

3 The value you attribute to yourself is your *self-esteem*. It is important because it is something that influences your personality and your emotions. If you have high self-esteem, you will believe in yourself and be confident in all areas of your life. On the contrary, if you have low self-esteem, you may be unhappy, anxious or extremely self-conscious.

LIVEWORKSHEETS

ACTIVITY: # 2

READ: Las Frases de la columna izquierda deben coincidir con los numerales de la columna derecha.

Read » Match the conditions with the results.

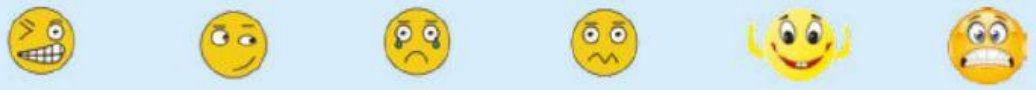
1. you will be frustrated.
2. their influence can turn negative.
3. you will feel good about who you are, and not only about how you look.
4. you will believe in yourself and you will be confident.

a. If you cannot process media messages critically,
b. If you have high self-esteem,
c. if you have a positive body image,
d. If you believe in the ideal of a perfect body that the media promotes,

ACTIVITY #3

LISTEN: Con un Emoticón como respuesta señala el estado de ánimo de Tomas y Gina. Escucha el audio y selecciona el emoticón correcto.

Word Bank



frustrated | confident | unhappy | self-conscious | happy | anxious

I don't like the person I see in the mirror. What should I do? I feel [a]___.
You should call or text us.

My friend is often [b]___. Who can I talk to?
You can talk to one of our advisors.

36 5. **Listen »** Listen to two conversations. Select the correct emoticon to show how Tomas and Gina feel.

a. b. c. d.

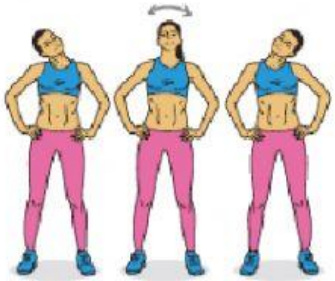
LIVEWORKSHEETS

ACTIVITY # 4

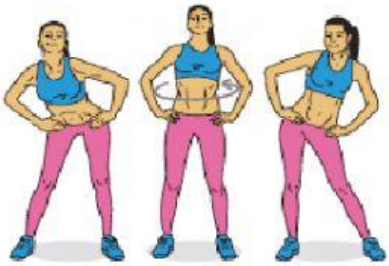
Utilizando las figuras de la derecha completar las instrucciones en los 3 párrafos de la lectura.

Write » Look at the pictures. Complete the instructions with the parts of the body.

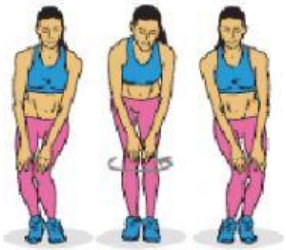
1. A: I'm very stressed after exams. What exercise should I do to relax the muscles in my [a] _____ and my shoulders?
   B: OK. Stand with your [b] _____ apart and your hands on your [c] _____. Then, slowly rotate your [d] _____ to the left, back, right and front. Change direction and repeat a couple of times.



2. A: I often get backache. My doctor told me to exercise. What exercises can I do?
   B: Put your [e] _____ on your hips. Move your [f] _____ to the left and then slowly to the right. Keep your [g] _____ down.



3. A: I want to start running, but I have heard you can get injured if you don't start carefully. What do I need to do before starting?
   B: It's important to warm up your muscles before you run. You can walk for a few minutes, or you might like to do this exercise. Stand with your [h] _____ together, put your hands on your [i] _____and bend them a little. Slowly rotate your knees to the left and then to the right.



LIVEWORKSHEETS

ACTIVITY # 5

Practica con las 5 expresiones mediante preguntas y respuestas con el modelo dado.

Should I eat sugar?

No. You shouldn't eat sugar.

1. Speak » Ask your partner questions about the things in the chant.

1 Sugar
2 Protein
3 Fibres
4 Healthy food
5 Sugary drinks

6 Calcium
7 Carbohydrates
8 Vitamins
9 Minerals
10 Breakfast

1 Should I eat protein? — Yes. You should eat protein.

2 Should I eat fibre? — Yes. You should eat fibre.

3 Should I eat healthy food? — Yes. You should eat healthy food.

4 Should I have sugary drinks? — No. You shouldn't have sugary drinks.

5 Should I eat calcium? — Yes. You should eat calcium.

LIVEWORKSHEETS