

Student Name:

Class:

- Read the following text and answer the questions correctly!

Why You Should Embrace Painting for the Sake of Your Physical Health



Painting is an enjoyable and fulfilling activity that individuals should actively engage in, as it offers numerous physical health benefits. The act of painting not only promotes relaxation and stress relief but also enhances fine motor skills and eye-hand coordination, contributing to a healthier and more balanced lifestyle.

Painting provides a therapeutic outlet for stress relief and relaxation. Engaging in art allows individuals to focus their attention on the creative process, taking their minds off daily stressors. This redirection of focus helps reduce stress and anxiety levels, promoting overall mental and physical well-being. In times of stress, you should turn to painting as a calming and rejuvenating activity.

The intricate and detailed nature of painting necessitates the development and refinement of fine motor skills. Brushing, blending, and controlling various painting tools require precision and coordination. Regularly practicing these skills through painting can enhance your hand dexterity, promoting better overall physical dexterity.

Painting also contributes to improved eye-hand coordination. As you work on your art, your brain learns to synchronize the movements of your hand with the visual information your eyes perceive. This coordination not only benefits your artistic endeavors but also enhances your overall physical coordination, which is valuable in various aspects of daily life.

Given the compelling physical health benefits associated with painting, it is strongly recommended that you incorporate this creative pursuit into your life. Dedicate time to painting as a means of relaxation and stress relief. Not only will you find joy in the process, but you will also notice improvements in your fine motor skills and eye-hand coordination, contributing to a healthier and more balanced lifestyle. Make painting a regular part of your routine, and you'll be taking a significant step toward better physical health and overall well-being. Remember, you should paint not just for the canvas but for your own physical health's canvas too.

Question

1. State T for true statements and F for false statements based on the text above!

Painting is described as an enjoyable and fulfilling activity that offers physical health benefits.	☐ TRUE	☐ FALSE
Engaging in painting is suggested as a means of promoting relaxation and stress relief.	☐ TRUE	☐ FALSE
The text mentions that practicing fine motor skills through painting can enhance hand dexterity.	☐ TRUE	☐ FALSE
The text suggests that painting is primarily beneficial for mental health, not physical health.	☐ TRUE	☐ FALSE
Painting is described as a solitary activity that doesn't involve any social aspects.	☐ TRUE	☐ FALSE

2. Give a tick (v) of the things physically trained when we do painting!

Dexterity	
Motor coordination	
Focus	
Solitary	
Loneliness	

3. Give a tick (V) of the arguments posed by the writer about the importance of painting to physical health!

Painting provides a therapeutic outlet for stress relief and relaxation.	
Painting necessitates the development and refinement of fine motor skills.	
Painting contributes to improved eye-hand coordination.	
Painting doesn't have any beneficial aspect to physical health.	
Painting is a source of stress.	

Summative Assessment

- Choose the correct answer!

The following dialog is for questions number 1 to 5.

Ezra: Hey, Allen, I was reading about copyright laws and how they impact small artists.

What's your take on this issue? Do you think people should support copyright laws to protect these artists?

Allen : Absolutely, Ezra. I think it's crucial for people to support copyright laws to protect small artists. These laws ensure that artists receive fair compensation for their work, which is essential for their livelihood.

What's your opinion on the matter?

Ezra : I couldn't agree more, Allen. Copyright laws are designed to safeguard the intellectual property of creators, and they play a pivotal role in allowing small artists to earn a living from their talent. Without these protections, it's difficult for artists to sustain themselves.

Allen : Exactly. It's not just about financial support; it's also about recognizing the value of artistic expression. When we respect copyright laws, we encourage a culture of creativity and innovation.

Ezra : That's a great point, Allen. Plus, it discourages plagiarism and unauthorized use of someone else's work. Small artists often don't have the resources to fight against copyright infringement, so these laws are their main defense.

Allen : True, Ezra. It's all about creating a level playing field. Copyright laws ensure that everyone has a fair chance to succeed in the creative industry.

Ezra: And it's not just about protecting artists; it benefits society as a whole. When artists are fairly compensated, they can continue to produce meaningful and inspiring work that enriches our culture.

Allen : Absolutely, Ezra. So, it's not just about supporting copyright laws; it's about fostering an environment where creativity can thrive and small artists can pursue their passion without fear of exploitation.

Ezra: Well said, Allen. It's a win-win situation for both artists and society when we support and uphold copyright laws.

1. Why did Allen express support for copyright laws?

- a. Because they stifle creativity.
- b. Because they ensure fair compensation for artists.
- c. Because they encourage plagiarism.
- d. Because they hinder small artists.
- e. Because they have no impact on artists.

2. What is one reason Ezra agrees with Allen about copyright laws?

- a. They discourage plagiarism.
- b. They hinder small artists.
- c. They have no impact on artistic expression.
- d. They promote unauthorized use of creative work.
- e. They encourage exploitation of artists.

3. According to Allen, what does respecting copyright laws encourage? (HOTS)

- a. A culture of censorship.
- b. A culture of innovation and creativity.
- c. A culture of unfair competition.
- d. A culture of copyright infringement.
- e. A culture of artistic suppression.

4. Why do small artists often struggle without copyright protections?

- a. Because they receive too much financial support.
- b. Because they have too many resources.
- c. Because they don't face copyright infringement.
- d. Because they lack the means to fight against infringement.
- e. Because they are too experienced in the industry.

5. How does Ezra describe the impact of copyright laws on artists and society?

- a. They have no impact on either artists or society.
- b. They benefit artists but not society.
- c. They benefit society but not artists.
- d. They hinder both artists and society.
- e. They benefit both artists and society.

Summative Assessment

The following dialog is for questions number 6 - 10.

Sarah: Hi, Tom! Do you visit the art exhibition today?

Tom: Yes, I go there every year. The exhibition always shows amazing works.

Sarah: That sounds interesting. What kind of art do they display?

Tom: They present paintings, sculptures, and some modern digital art. I like the abstract paintings the most.

Sarah: I love abstract art too. Who is the featured artist this year?

Tom: This year, they feature Emily Davis.

She creates beautiful landscapes with vibrant colors.

Sarah: I want to see that! Does the exhibition open all week?

Tom: Yes, it stays open from Monday to Saturday, from 10 AM to 6 PM.

Sarah: Great! I visit it tomorrow. Thanks for the info, Tom.

Tom: You're welcome, Sarah. Enjoy the exhibition!

6. In the conversation, Tom mentions that the exhibition features abstract paintings and digital art. How might these different types of art influence the way visitors experience the exhibition? (HOTS)

- a. Abstract art and digital art are both visually complex, making it hard for visitors to understand them.
- b. Digital art draws more attention because it is more interactive than traditional art forms.
- c. Both types of art offer unique experiences, allowing visitors to engage with the exhibition in diverse ways.
- d. Abstract art has no real meaning, so visitors only focus on the digital art.
- e. Abstract art has real meaning, so visitors can't focus on the digital art.

7. What kind of art does Tom like the most in the exhibition?

- a. Sculptures
- b. Paintings
- c. Abstract paintings
- d. Digital art
- e. Digital marketing

8. Who is the featured artist at the exhibition this year?

- a. Sarah Jones
- b. Emily Davis
- c. Tom Smith
- d. David Williams
- e. David Davis

9. On which days does the art exhibition open?

- a. Monday to Sunday
- b. Tuesday to Sunday
- c. Monday to Saturday
- d. Every day
- e. Every week

10. Look at the following statements about the art exhibition!

- (1) Tom visits the art exhibition every year.
- (2) Sarah is not interested in abstract art.
- (3) The exhibition is open from Monday to Sunday.
- (4) The featured artist this year is Emily Davis.

Which combination of statements accurately reflects the correct information from the dialog? (HOTS)

- a. (1) and (3)
- b. (2) and (4)
- c. (1) and (4)
- d. (2) and (3)
- e. (2) and (1)

Summative Assessment

11. We finished eating dinner, but you ask to leave this dishes. Why?

- a. had not
- b. not had
- c. would not
- d. will not
- e. have not

12. I.... Martha yesterday. Where was she?

- a. have not seen
- b. didn't see
- c. hasn't seen
- d. wasn't see
- e. didn't seen

13. We arrived at 8:05, but the train already left.

- a. has
- b. have
- c. were
- d. is
- e. was

14. Sarah ... she went to the zoo before.

- a. think
- b. thinks
- c. thought
- d. has thought
- e. have thought

15. His son ... learned how to read.

- a. am
- b. have
- c. has
- d. were
- e. was

The following text is for questions number 16 to 20

As we rise to the challenge of our new normal of life in a global pandemic, we are seeing more clearly what needs to change in our pre-COVID-19 society.

We are still experiencing a global pandemic. In times of crisis, we need humanity, expression, and the community that the arts create.

In the United States and around the world, COVID-19 has shed light on our economic, social, and political systems. We are seeing how systemic racial inequality is putting people of color at a higher risk during the pandemic. We are realizing the economic implications of relying on minimum wage "essential" jobs. We are seeing disease become politicized. And, we are seeing a growing mental health crisis as a response to COVID-19.

What we put our energy and efforts into now will affect what our future looks like. In campaigning for arts support, the Colorado Business Committee for the Arts stated, "The values we support today will determine what we have when this is over."

This is a time to value the arts. Whether big or small, sidewalk chalk art or community murals, art makes a difference in how we live our lives.

The arts create wellness in our day-to-day lives by helping us process our lives individually and allowing us to come together collectively. Art allows us to communicate from afar, generating positivity, appreciation, and hope during COVID-19. In times of social injustice and unrest, art amplifies important voices and messages.

Summative Assessment

In a tumultuous world, art matters. Here's why art-making and viewing art allows us to process our experiences. Art helps us to express and to understand the world around us.

We are unique in our human drive to create and engage with the arts. Historically, humans have been visually expressive beings. The cave of the hands, Cueva de las Manos, in Argentina is an example of early visual expression. The artwork in the cave carbon-dates to an estimated 7300 BC. These cave walls host a hybrid of hunting scenes and relief handprints, probably made by blowing paint materials through hollowed-out bones, or reeds. This sea of overlapping hands and illustration provides a lens into a past life and builds a present-day connection with our stone-age ancestors.

Ancient humans not only recorded their lives through art, but they also used art to express themselves. We do this today, the arts create community by depicting shared events and to express our individual perspectives. We define our human experience by the cultures we create and participate in. Culture, made up of custom, social interactions, and activities, is fueled by the arts. Be it music, food, or visual arts, cultures and the arts are inseparable. We are seeing an increased turn to the arts during the COVID-19 pandemic. Globally, we have turned to art engagement as a source of comfort and strength.

Participating in and viewing art makes us connect to a more universal human experience. Be it art-making at home, public murals, watching and listening to plays and music, or new-found interests in culinary arts, art is an expression of what it means to be human.

16. What thing that defines ourselves as a people?

- a. War.
- b. Fight.
- c. Struggle
- d. Culture.
- e. Hardship.

17. What do we need in our society during COVID-19?

- a. A help from government
- b. Art.
- c. A good togetherness.
- d. A change from our pre-COVID-19 era.
- e. People who voluntarily help other people.

18. Look at the following aspects!

- (1) Customs.
- (2) Social interaction.
- (3) Activities.
- (4) Egoistical view.
- (5) War.

The things that make up a culture are shown by numbers..... (HOTS)

- a. (1), (2), and (3)
- b. (1), (3), and (4)
- c. (2), (3), and (4)
- d. (2), (4), and (5)
- e. (3), (4), and (5)

19. In a tumultuous world, art matters.

The underlined word above has the same meaning with...

- a. spring
- b. easy
- c. comfortable
- d. matter
- e. stormy

Summative Assessment

20. Look at the following aspects!

- (1) Humanity.
- (2) Community.
- (3) Expression.
- (4) Injustice.
- (5) Loneliness.

The aspects art brought during COVID-19 are.... (HOTS)

- a. (1), (2), and (3)
- b. (1), (3), and (4)
- c. (2), (3), and (4)
- d. (2), (4), and (5)
- e. (3), (4), and (5)

- Please write in the vocabulary box below if there are any difficult words that you don't know or don't see often!



Vocabulary box