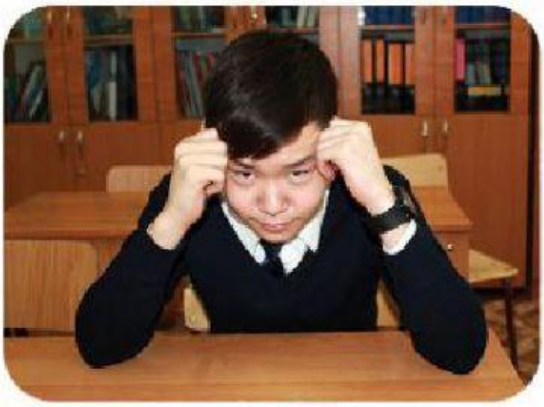
An email giving advice p. 63 SB

Запиши слова и фразы к тексту в словарь и выучи их.

Vocabulary

- **advice** - *совет*
- **feel stressed** - *быть в состоянии стресса*
- **feel tired** – *чувствовать усталость*
- **short break** – *короткие перерывы*
- **clear my mind** – *прояснить разум*
- **improve concentration** – *улучшить концентрацию*
- **eat healthily** – *питаться здоровой пищей*
- **boost energy** – *повысить энергию*
- **feel calm** – *успокоиться*

Read the email. Pay attention to the vocabulary words. Then listen.
Прочитай письмо, обращая внимание на словарные слова и фразы. Затем прослушай аудио к диалогу



Dear Sanzhar,

I was sorry to hear that you're feeling stressed about sitting your exams next week. I think I can help.

It would be a good idea to take short breaks when you feel tired. If you do this, it will help you clear your mind and improve your concentration.

Another idea is to exercise and eat healthily. This will boost your energy and help you feel calm.

I hope my advice helps. Write back and tell me how things are going.

Best wishes,

Miras

Task 1. Use the prompts and the language in the box to give advice, as in the example.
*Кликни по **фразам** и прослушай их. Затем выпиши их в словарь Используй **фразы-команды** в скобках к предложениям 2-4 и **фразы-советы в рамочке** и запиши советы по образцу 1.*

1 *I am very shy.* ***(join a sports club)***

You should join a sports club. / It would be a good idea to join a sports club.

2 I have bad headaches. ***(drink some lemone juice)***

3 I'm stressed about exams. ***(do some exercise)***

4 I'm tired in the morning. ***(go to bed earlier)***

Giving advice
• Why don't you ... ?
• It would be a good idea to ...
• Another idea is to ...
• You could/should (also) ...

LIVEWORKSHEETS

Письменно в тетради!!!

Writing *(an email giving advice)*

A friend has sent you an email asking for advice on how to get rid of headaches. Use ideas from Task 1. and your vocabulary to write a short email to him/her giving advice (60-80). Follow the plan.

Твой друг прислал тебе письмо с просьбой дать совет, как избавиться от головных болей. Используй получившиеся предложения из **Task 1**, *словарные слова и фразы занятия и ранее пройдённые слова за текущий раздел и напиши свой ответ по плану ниже. Используй письмо выше как образец.*

Dear ...,

Para 1: express sympathy *(I'm sorry...)*

Para 2: your advice *(not miss meals, eat a wide range of healthy food, exercise every day)* and expected results

Para 3: say you hope you were helpful, closing comments *(I hope... Speak to you soon)*

Best wishes,

...

(your name)

LIVEWORKSHEETS