English: Level A2

WEEK 11

Let's protect our mental health!*

MSSP I.E. JOSÉ CARUANA EDUCAME Y VIVIRE

Activity Our mental health (day 2)

LET'S SELF-ASSESS!

¿Por qué es importante proteger nuestra salud mental? ¿Puedo comprender textos **en inglés** sobre actividades que ayudan a cuidar la salud mental? Si preguntará a un familiar sobre qué actividades realiza para cuidar su salud mental, ¿puedo reportar sus respuestas **en inglés**?

En el siguiente cuadro, expresa cuánto crees que puedes hacer en el idioma inglés, marcando con una "X" donde creas conveniente. Aquí no hay respuestas correctas. Se honesto(a) contigo mismo(a).

	Can I do it?	Not at all	Somewhat	Well	Very well
1.	Can I identify some details in a short text in English with recommendations to improve or protect your mental health?				
2.	Can I report how often a member of my family practises some habits to protect his/her mental health in English?				
3.	Can I pronounce the words well and give intonation in English when I present the report about the actions a member of my family practises to protect her mental health?				

LET'S OBSERVE AND READ!

OBSERVE - EXERCISE 1

Look at the image of a health triangle and match each image with the correct side of the triangle. Follow the example:

Example:

Todos los aspectos de la salud están interconectados.

OBSERVE - EXERCISE 2

Colour the habits that help protect our mental health. Follow the example:

1. Exercise regularly
2. Play videogames all night
3. Eat healthy food
4. Focus on positive things
5. Worry all the time
6. Connect with friends
7. Sleep 3 or 4 hours a night
8. Think too much about our problems
9. Learn new things
10. Have fun

LISTEN AND READ

Listen to and read two texts with recommendations to improve our mental health:

TEXT A

Tools to improve our mental health[1]

The organization Mental Health America (MHA) recommends using these tools to improve our mental health:

1. Stay positive: We should **always** focus on the positive side of the situation.
2. Get physically active: Everyone should exercise **often**. 30 minutes of aerobic exercise three days a week is enough to positively impact our mental health.
3. Help others: When we feel sad or anxious, we **hardly ever** think about helping someone else, but helping others makes us feel good.
4. Get enough sleep: Teenagers should sleep between 8 and 10 hours a day to stay healthy. Adults should sleep 7-9 hours.
5. Eat well: We should **regularly** eat vegetables, fruits, proteins and whole grains. Eating dessert **occasionally** is okay.

Finally, keep your spirits up! It is important to think that things will get better. We should **always** focus on that.

TEXT B

How can we protect our mental health?[2]

Dr. Lisa Damour is a psychologist who specializes in adolescent mental health. These are some of her mental health recommendations for teenagers:

1. We should understand that our anxiety is completely normal. It is okay to feel anxious **sometimes**.
2. We should create distractions: To find balance in our day-to-day, we should read books, watch movies or listen to music **regularly**. It is not healthy to **always** worry.
3. We should find ways to connect with friends: Teenagers can find creative ways to talk to their friends **regularly** without putting their health in danger.
4. You should focus on you: This is a great time to learn something new. For example, you can learn to play an instrument. It is **never** too late to learn new things.
5. You should **always** be kind to yourself and others: Let's stop cyberbullying. It's important to be nice to our classmates and teachers especially in times like these.

Take care of your mental health and remember that you are not alone. Your friends and family are **always** there to help you.

UNDERSTAND - EXERCISE 1

Choose the correct andwers for the following questions. Follow the example:

Example:

Which of the following is NOT a recommendation from the text by the MHA?

a) Create distractions.
b) Help others
c) Eat well
d) Stay positive.

1. What does it mean to stay positive?

a) To worry all the time.
b) To focus on the positive side of thing.
c) To forget about all of your problems forever.
d) To smile all the time

2. How many hours should an adult sleep every night?

a) Between 8 and 10 hours.
b) Between 6 and 9 hours.
c) Between 7 and 9 hours.
d) At least 4 hours.

3. What does Dr LisaDamour say about anxiety?

a) It is always good to be anxious.
b) It is normal to feel anxious sometimes.
c) It is dangerous to feel anxious and you should go to the doctor.
d) It is a disease.

4. According to Dr. Damour, how can I focus on me?

a) Lock yourself in your room for 3 hours.
b) Read a book or listen to music.
c) Learn something new.
d) Worry about your problems only.

5. What is the final message Dr Damour has for teenagers?

a) Take care of your mental and physical health.
b) We should have a strict schedule.
c) Forget about your problems.
d) We should take care of our mental health and that our families and friends are there to help us.

UNDERSTAND - EXERCISE 2

According to the texts you just read, **how often** should we practise the following actions? Follow the example:

ACTIONS

A. Excercise | **B. Eat dessert** | **C. Focus on the positive** | **D. Eat well** | **E. Talk to our friends** | **F. Be kind to ourselves**

ADVERBS OF FREQUENCY

1. Always C | **2.** Regularly | **3.** Often | **4.** Ocassionally

¡NOTEMOS ALGO!

Lee los dos textos otra vez. Identifica los adverbios de frecuencia en **negrita** y ordénalos en la siguiente escala (de más frecuente a menos frecuente):

Always						Never
100%	85%	70%	50%	30%	15%	0%

Ahora, escoge la opción correcta para responder a las siguientes preguntas sobre los adverbios de tiempo:

1. ¿En qué partes de la oración van los adverbios de tiempo normalmente? (marca 2 respuestas)

a) Después del verbo "to be"
b) Al principio de la oración
c) Al final de la oración
d) Antes del verbo principal

2. ¿Qué palabra de pregunta o "question word" utilizamos para preguntar por la frecuencia con la que se realizan ciertas actividades?

a) Why
b) How much
c) How often
d) When

***Nota 1:** Algunos adverbios de frecuencia como "sometimes" y "often" también pueden ir al final o al principio de la oración para dar énfasis a la frecuencia.

***Nota 2:** El adverbio de frecuencia "regularly" va al final de la oración.

PRACTISE - EXERCISE 1

Observe the pictures and **report** what you see. Unscramble the sentences in parenthesis. Follow the example:

1

2

3

Example:

(My brother / help others / occasionally).

My brother occasionally helps others.

1. (My niece / eats / always /vegetables /).

2. (exercise / Marco and Ana / hardly ever).

3. (My friend Andrés / feels / sometimes / anxious).

PRACTISE – EXERCISE 2

Report the answers. Follow the example.

Present simple: HE-SHE-IT

I sometimes eat healthy food	›	She sometimes eat**s** healthy food.
You always watch TV.	›	He always watch**es** TV.
They never worry.	›	She never worr**ies**.
We hardly ever exercise.	›	He hardly ever exercise**s**.

Example:

Interviewer : How often do you worry about your problems?

Harriet : Always.

› Harriet **always** worrie**s** about her problem.

1. Interviewer : How often do you eat vegetables?

Mary : Often.

› Mary _____ _____ vegetables.

2. Interviewer : How often do you play video games?

Raúl : Never.

› Raúl _____ _____ videogames.

3. Interviewer : How often do you contact your friends?

My sister : Hardly ever.

› My sister _____ _____ _____ her friends.

4. Interviewer : How often do you exercise?

Mario : Always.

› Mario _____ _____.

5. Interviewer : How often do you help others?

My father : Sometimes.

› My father _____ _____ others.