



## PRODUCIMOS UNA ENCUESTA SOBRE SALUD MENTAL Y UN REPORTE EMPLEANDO ADVERBIOS DE FRECUENCIA Y CONSEJOS (SHOULD/SHOULDN'T)

### Objective:

- Today we'll write a mental health quiz and a report using adverbs of frequency and giving advice (should/shouldn't)

### Materials:

- Your cellphone with WhatsApp.
- Spanish-English dictionary.
- Pen, pencil and colored pencil

### Evaluation criteria list:

Read the following list and take them into consideration.

WRITING: " MENTAL HEALTH QUIZ AND REPORT"	
1	Produjiste una encuesta sobre salud mental y lo reportaste con coherencia, cohesión y fluidez.
2	Jerarquizaste tu reporte usando conectores adecuados (and, also, moreover, but, etc.)
3	Ampliaste la información usando vocabulario adecuado e información real.
4	Usaste los adverbios de frecuencia y brindaste consejo should/shouldn't.
5	Usaste recursos adecuados para una encuesta y el reporte.

### Activities:

1. **MATCH:** Connect the image of the person to the saying.



MARIA

I can't turn off my smart phone. I sleep 3 or 5 hours every night.



CARLOS

At night, I eat and eat until I feel full.



PEDRO

I feel lonely at home. I miss school.



MARCELA

I sit on the couch and don't stop until I finish all the levels.



Para continuar con la sesión vamos a recordar dos temas importantes que ya hemos tratado en sesiones anteriores.

1. ADVERBS OF FREQUENCY (SEMANA 19)

2. GIVING ADVICE: "SHOULD" (SESIÓN N° 2)

Por ello debes revisar tu portafolio para repasarlos en caso no los recuerdes.

2. **READING:** Listen to the audio and complete the following text.

usually      Mental health      physically      anxious      impact      hardly ever  
Teenagers      regularly      always      often      occasionally

### TOOLS TO IMPROVE OUR MENTAL HEALTH

The organization Mental Health of America (MHA) recommends using these tools to improve our \_\_\_\_\_:

1. Try to stay positive: Every situation \_\_\_\_\_ has a positive and a negative side. We shouldn't focus on the negative one.
2. Get \_\_\_\_\_ active: We have to exercise \_\_\_\_\_ to maintain a healthy body and mind. 30 minutes of aerobic exercise three days a week is enough to positively \_\_\_\_\_ our mental health.
3. Help others: When we feel sad or \_\_\_\_\_, we \_\_\_\_\_ think about helping someone else, but helping others makes us feel good.
4. Get enough sleep: \_\_\_\_\_ have to sleep between 8 and 10 hours a day to stay healthy. Adults have to sleep 7-9 hours. We should maintain a regular bedtime.
5. Eat well: We should \_\_\_\_\_ eat vegetables, fruits, proteins and whole grains. Eating dessert \_\_\_\_\_ is okay.

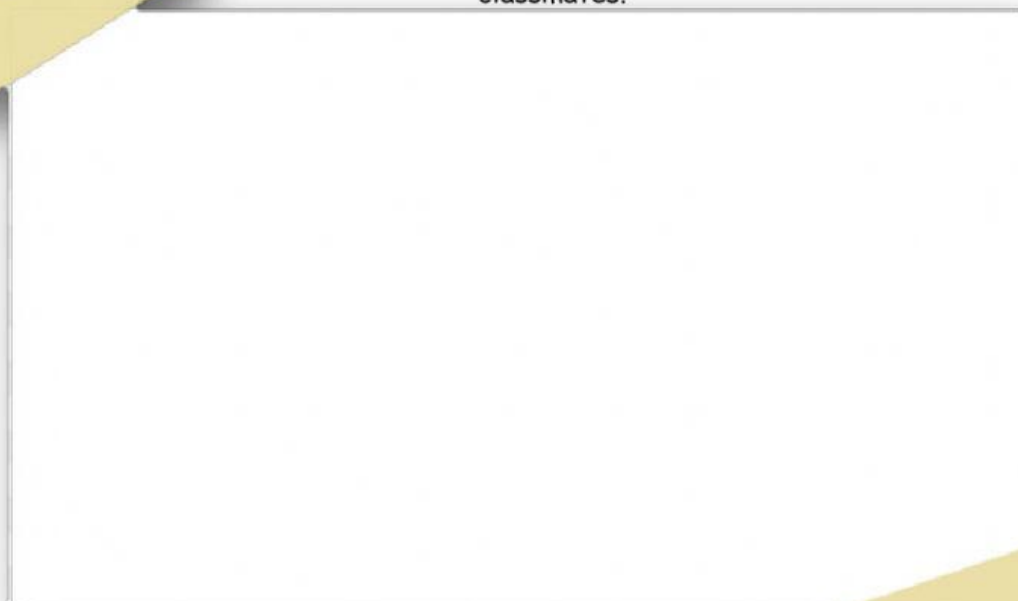


Finally, keep your spirits up! It is important to think that things will get better. We should \_\_\_\_\_ keep that in mind.

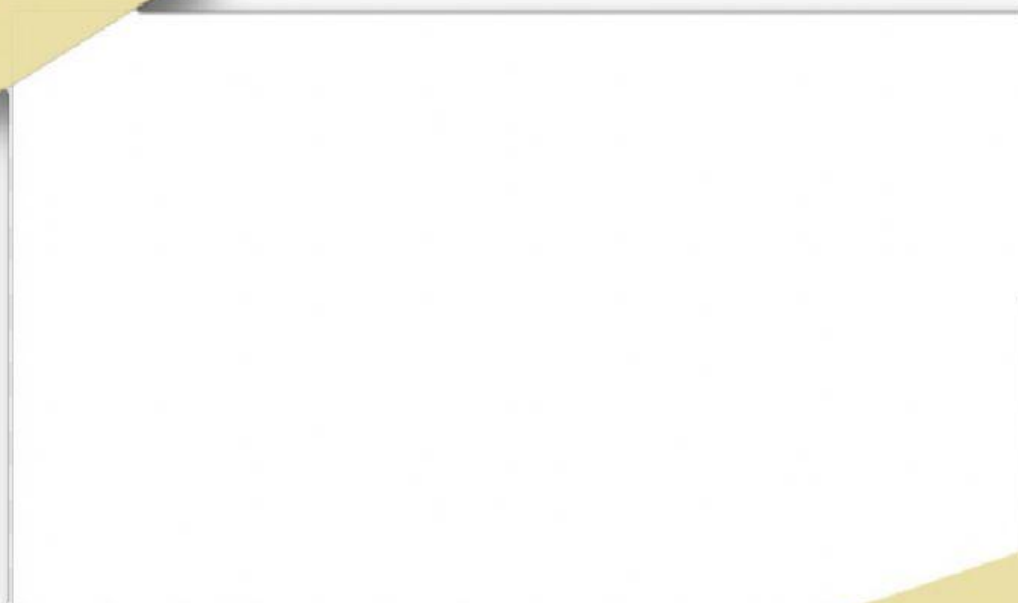
- Complete using the adverbs of frequency according to the text of MHA.

- a) According to the MHA, every situation usually has a positive and a negative side.
- b) If we exercise \_\_\_\_\_ we will maintain a healthy body and mind.
- c) According to the MHA, we \_\_\_\_\_ think about helping others when we feel anxious.
- d) The MHA says that it is okay to \_\_\_\_\_ eat dessert.
- e) The MHA suggests that we should \_\_\_\_\_ focus on thinking that things will get better.

**4. VERY IMPORTANT ACTIVITY (V.I.T):** Create a four-questions MENTAL HEALTH QUIZ using the example of Leandro and interview 2 classmates.



Now, make a report:



**AUTOEVALUACIÓN:** Marca X si cumples el criterio.

WRITING: " MENTAL HEALTH QUIZ AND REPORT"		YES	NO
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**METACOGNICIÓN:** ¿Lograste el objetivo? ¿Qué faltó para lograrlo?