



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	Produciste 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?