

**PERÚ**Ministerio  
de EducaciónDespacho  
Viceministerial de  
Gestión PedagógicaDirección General de  
Servicios Educativos  
EspecializadosDirección de Educación  
Básica para Estudiantes  
con Desempeño Sobresaliente  
y Alto Rendimiento

"Año de la Unidad, la Paz y el Desarrollo"

## Activity 1 – BUILDING VOCABULARY

Read the text carefully and answer the questions that follow.

### WHY TRADITIONS MATTER TO MENTAL HEALTH

December 23, 2021

The word tradition comes from the Latin word "tradiare", which means "to hand over, to transmit". It is a practice or ritual that is passed down from generation to generation. Traditions give us a sense of stability and help us connect with our roots.

#### [ - X - ] The Importance of Rituals in Our Daily Lives

Rituals are a powerful tool for creating meaning in our daily lives. They have the power to shape our experiences and regulate our emotions. The idea of rituals can seem foreign to many people in the Western world. However, in other cultures rituals are a fundamental part of what it means to be a person. Rituals can serve as a substitute for religion or spirituality in secular societies, for example holiday traditions that celebrate Christian holidays. They can also help us cope with death and loss through practices like grieving rituals, which allow us to express grief and prepare ourselves before proceeding with life. Lastly, they may provide relief from existential anxiety because they offer a sense of continuity and predictability in an often unpredictable world.

#### [ - 1 - ]

One of the most important aspects of life is tradition. You form traditions based on those around you, and they can differ based on one's childhood. However, there are many universal traditions that people share no matter what. For example, for many people, New Year's Eve is a time for reflection on all that has happened during the year. It is also a time to set goals for the new year ahead. These traditions can provide structure to our lives and allow us to feel safe when we are going through hard times.

#### [ - 2 - ]

The practice of tradition is very popular and key to our sense of **belonging**. Tradition helps us to feel like we belong in this world when we've come from somewhere else. It also helps us to fit in when we've always been in the same place. And it provides a sense of belonging for those who may feel like an **outsider**. Traditions have been an important component of human societies since the dawn of time. They fulfill four key criteria for achieving the "Four B's," our senses of Being, Belonging, Believing and Benevolence. Traditions are a source of enjoyment and meaning. They help you feel like you belong to your community or to the broader society. And they make you believe in something larger than yourself; they give life meaning.

#### [ - 3 - ]

Traditions are about more than just following a set of steps. They are about creating unity and gathering people together. Traditions provide us with a sense of comfort and **coziness**, bringing families and friends together during the holidays. Some traditions may seem like silly superstition but, traditions can be used to connect people to their history and family lineage! All while providing them with the opportunity to **indulge** in some new experiences that they otherwise may not have had. These provide us with experiences of shared values and mutual comfort. They also offer us time for reflection and relaxation, and relief from the pressures of our daily lives.

#### [ - 4 - ]

People all over the world celebrate in their own way, but what is most common are celebrations that are traditional to their culture. Traditional celebrations are one of the most significant parts of human history and they have been shown to reduce stress, increase mental well-being, and increase physical health. For example, staying up late on Christmas Eve is a tradition that has been passed down for generations. Traditional celebrations help people feel more connected to their community. They can even help them find ways of **cop**ing with difficult situations by providing an outlet for people during tough times!

Retrieved from <https://oregoncounseling.com/article/why-traditions-matter-to-mental-health/>



PERÚ

Ministerio  
de EducaciónDespacho  
Viceministerial de  
Gestión PedagógicaDirección General de  
Servicios Educativos  
EspecializadosDirección de Educación  
Básica para Estudiantes  
con Desempeño Sobresaliente  
y Alto Rendimiento

"Año de la Unidad, la Paz y el Desarrollo"

Choose an appropriate heading from the list that completes each gap in the text. The first one is an example.

[ - X - ]

**C**

A. Traditional Celebrations Make People Happier &amp; Healthier

[ - 1 - ]

B. Traditions Provide Structure and Comfort

[ - 2 - ]

C. The Importance of Rituals in Our Daily Lives

[ - 3 - ]

D. Some traditions are based on superstitions

[ - 4 - ]

E. Traditions Connect People With Each Other

F. Traditions give life a real meaning.

G. Traditions Foster a sense of being.

The following statements are either true or false. Tick ☒ the correct option, then justify it using words as they appear in the text. Both parts are required for 1 mark.

5. Not everybody considers traditions as fundamental in their lives.

True

☐

False

☐

Justification:

---



---

6. Some rituals can be practically considered as universal.

True

☐

False

☐

Justification:

---



---

What do the following words mean in the text? Choose the appropriate words from the list.

[ - X - ] belonging (paragraph 4)

[ - 7 - ] outsider (paragraph 4)

[ - 8 - ] coziness (paragraph 5)

[ - 9 - ] indulge (paragraph 5)

[ - 10 - ] coping (paragraph 6)

**A**

A. pertaining

B. imitating

C. pleasant feeling

D. managing

E. success

F. satisfy

G. stranger