

Unit 5 Video: Don't stress out!

1) How does Marco manage his stress? Check (✓) the correct answers.

<input type="checkbox"/> He cleans up his apartment.	<input type="checkbox"/> He plays soccer.
<input type="checkbox"/> He does aerobics.	<input type="checkbox"/> He plays video games.
<input type="checkbox"/> He does nothing.	<input type="checkbox"/> He reads a book.
<input type="checkbox"/> He does yoga.	<input type="checkbox"/> He talks to someone.
<input type="checkbox"/> He listens to relaxing music.	<input type="checkbox"/> He uses a stress ball.
<input type="checkbox"/> He meditates.	<input type="checkbox"/> He watches a funny video

2) Marco explains how to meditate. Number the steps from 1 to 9.

- _____ Close your eyes.
- _____ Relax and watch your breath.
- 1 Sit comfortably.
- _____ Breathe slowly and deeply.
- _____ Cross your legs.
- _____ Count the breaths silently.
- _____ Put your hands on your knees.
- _____ Keep your neck and back straight.
- _____ Continue to breathe slowly and deeply.

3) Write T (true) or F (false).

- a) Marco is a student. _____
- b) He has one part-time job. _____
- c) He has a really hard class. _____
- d) He has a big French test tomorrow. _____
- e) Marco's number one tip is: Talk to somebody _____