

## Nhiệm vụ 1: *Đọc bài đọc và chọn đáp án đúng*

Stress is a normal part of teens' life; however, too much stress can be dangerous. When you face stress, use some of these strategies to manage it.

**Getting a good night's sleep:** Teens need eight to ten hours of sleep a day, so get enough sleep. To make it easier, keep your smartphone away from your bed.

**Doing exercise:** Doing enough physical exercise is important for teens. You should exercise for at least 60 minutes a day.

**Talking it out:** Talk about your stress to an adult. This person can be your teacher, parent, or someone you trust.

**Writing about it:** You can reduce your stress by writing down your problems. You can also write about times you felt good and soon you will start to feel better.

**Going outside:** You will feel more relaxed if you spend some time in nature. Places with green trees and fresh air will make you feel better.

1. The passage is about \_\_\_\_\_.

- A. the causes of stress
- B. strategies to deal with stress
- C. the dangers of stress

2. How many hours of sleep a day do teens need?

- A. 6 to 8.
- B. 7 to 9.
- C. 8 to 10.

3. How much time should teens spend on daily exercise?

- A. At least an hour.
- B. Exactly 60 minutes.
- C. No more than 60 minutes.

4. Teens may talk about their problems to \_\_\_\_\_.

- A. a friend in their class
- B. a young person they like
- C. someone they trust

5. Teens can feel better when they \_\_\_\_\_.

- A. are at home with their parents
- B. get closer to nature
- C. write to a friend