

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