

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Coping Strategies

## Activity 1: Emotional Vocabulary

**Instruction:**

- **Watch the video here:** [youtu.be/DzUc3Eqzzos](https://youtu.be/DzUc3Eqzzos)
- **Before you watch:** Look at the emotion words below. Match each word with its meaning in Indonesian. The first one is done for you.

Word help (Bahasa Indonesia): marah · gugup · tenang · diabaikan · malu

English	Indonesia
frustrated	frustrasi
angry	
nervous	
embarrassed	
ignored	
calm	

## Activity 2: After watching - Giving Advice 🎬



### GRAMMAR REMINDER — MODAL VERBS FOR ADVICE

- **should** → the best advice | "He should take a deep breath."
- **could** → a possible idea | "He could ask politely."
- **might** → maybe a good idea | "He might try to stay calm."
- **shouldn't** → do NOT do this | "He shouldn't shout."

Work individually. Answer each question. Use the modal verbs above. Write full sentences.

1. The flight attendant ignore Dave. What should he do?

He should ....

2. Dave is getting very angry. What could he do to feel better?

He could ...

3. What shouldn't Dave do on the plane?

He shouldn't ....

4. You are sitting next to Dave. What might you say to him?

Dave, you might ...

### 3. Write advice to Dave



Write 3-4 sentences to Dave. Give him advice. Use at least **two different modal verbs**.

*How to start: "Dave, I can see that you are feeling frustrated. I think you should ... You could also ... Please don't ... "*

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