GRADE 11 • ENGLISH WRITING

STRESS LESS, LIVE WELL

Summarising an article & expressing your opinion

Name: _____ **Class:** _____ **Date:** _____

1. READ THE ARTICLE

How to Handle Stress

Stress is a normal part of life. Students may feel stressed when they have exams, homework, or many responsibilities. A little stress can encourage people to prepare, but too much stress can make it difficult to sleep, concentrate, and enjoy daily activities.

There are simple ways to manage stress. First, plan your time and divide large tasks into smaller steps. This can make work feel easier. Second, take short breaks, get enough sleep, and do some physical activity, such as walking or cycling. Talking to a trusted friend, family member, or teacher can also help. Finally, remember that nobody is perfect. Making mistakes is part of learning, so try to think positively and focus on what you can control.

2. CHECK YOUR UNDERSTANDING

A. Write **two** causes of stress mentioned in the article.	
B. Write **three** ways to handle stress.	
C. What can too much stress affect? Name one thing.	

3. WRITE A SHORT SUMMARY

In 2–3 sentences, summarise the main ideas of the article. Use your own words. Include the main problem and the most useful ways to manage stress.

4. EXPRESS YOUR OPINION

Do you think taking breaks is an effective way to reduce stress? Why or why not? Write 3–4 sentences. Give a reason and an example from your own life or experience.

WRITING TIPS • Use your own words. • Do not copy whole sentences. • For an opinion, use phrases such as *I believe… / In my opinion… / I think… because…*

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