CLASS ACTIVITY – LEVEL 3 – NOV 16TH – UNIT 6

VOCABULARY Daily challenges

A Complete the sentences using the words in the box.

friends	health	money	pressure	stress

1 When you want to buy something, you pay with _____.

2 It was very difficult to leave my _____ behind when I moved to the city.

3 Too much _____ from your teachers to study hard could cause you to suffer from _____.

4 You should go to the doctor regularly to make sure you are in good _____.

B Answer the questions using the words from **A**.

1 What is one of your biggest challenges this year?

One challenge is _____.

2 What is usually not a problem for you?

_____ is usually not a problem for me.

3 Who puts pressure on you? What do they pressure you about?

_____ pressures me about _____.

LISTENING It's no big deal

A Listen to the talk and answer the questions.

1 What is the talk mainly about?

- **a** saving money
- **b** work stress
- **c** the toughest job

2 Which of these is considered a stressful job?

- **a** pilot
- **b** professor
- **c** librarian

B Listen again. Complete the table below using information from the talk.

What causes work stress?	Stress causes health problems such as ...	What can you do?
• working [1]_____ without a break • worrying about [2]_____ your job	• tiredness • depression • weight [3]_____	• take [4]_____ breaks • take up a [5]_____

LIVEWORKSHEETS

READING

Read the passage and answer the questions below.

1 On October 31, 2003, tragedy struck surfer Bethany Hamilton. While surfing at Tunnels Beach, Hawaii, a shark bit off her left arm. With the help of a friend, the 13-year-old bravely paddled back to shore with her good arm and was rushed to the hospital. While recovering, she was determined to get back into the water again. Amazingly, she surfed again—just 26 days after her shark attack.

2 Hamilton's recovery was painful. She had to learn to surf with one arm. She developed a new technique—kicking more with her legs—and used a surfboard with a handle so that she could hold on. Just two years after the shark attack, Hamilton won the NSSA National Championship. Since then, she's also won many other competitions.

3 In 2004, Hamilton wrote a book about her life. Inspired by her courage, *Soul Surfer*, a movie about Hamilton, was made in 2011. Her advice for people who face challenges: "Set your mind to whatever you want to do and put a good attitude in it … you can succeed."



Bethany Hamilton surfing at the Roxy Pro women's surf competition in 2005

A What is the passage about?

a a movie that was inspired by a shark-attack victim

b a shark that attacked a surfer in Tunnels Beach, Hawaii

c a shark-attack victim who became a championship surfer

B Match each event to the correct year. One year is extra.

1 Hamilton won a major surfing championship. ○

2 Hamilton wrote about her life experiences in a book. ○

3 A shark attacked her and bit off her arm. ○

4 *Soul Surfer*, a movie about Hamilton's life, was released. ○

5 Hamilton was born. ○

○ **a** 1990

○ **b** 1992

○ **c** 2003

○ **d** 2004

○ **e** 2005

○ **f** 2011

LIVEWORKSHEETS