

REDUCE STRESS

VOCABULARY

1 TAKE A BREATHER.
Stop what you're doing from time to time. Take a rest or get some exercise.

2 SET ASIDE SOME DOWN TIME.
Schedule time that's just for you so you can focus on relaxing.

3 SLOW DOWN.
Don't do everything so fast. Take time to think about what you're doing and do it right.

REDUCING THE STRESS OF WORK

4 SET LIMITS.
Learn to draw the line and say no to others' demands on your private time.

5 LEARN TO LAUGH THINGS OFF.
Stop taking things so seriously. Remember to see the humor in everything.

6 TAKE UP A HOBBY.
Start doing something you'd enjoy in your free time, such as making, collecting, fixing, or taking care of things.

LISTENING

Read suggestions and listen to 6 people's complaints. Write the number of speaker in the box

- "If I were you, I'd take a breather every few hours."
- "You should set aside some down time each week."
- "Slow down a bit so you can do the job right."
- "If I were you, I'd try to set some limits."
- "Why don't you try to laugh things off at work."
- "I think you should take up a hobby."

DIGITAL INDUCTIVE ACTIVITY

GRAMMAR EXPRESSING AN EXPECTATION WITH BE SUPPOSED TO

Use **be supposed to** + a base form to express expectation. Use a present form of **be** for a present or future expectation. Use a past form of **be** for an expectation in the past.

We're **supposed to arrive** on time today. (Someone expects it.)

Marcy **is supposed to bring** snacks tomorrow. (Someone will expect it.)

You **were supposed to come** yesterday. (Someone expected it.)

Negative statements

They **aren't supposed to know** about the party.

She **wasn't supposed to stay** past 5:00.

Yes / no questions

Is Paul **supposed to give** his presentation tomorrow?

Was the school **supposed to pay** you a refund?

Information questions

When were we **supposed to buy** the tickets?

Who's **supposed to call** us today?



- Some ideas
- You **were supposed to** ...
 - get someone a birthday gift.
 - pick someone up at the airport.
 - finish your homework.

Correct and rewrite these sentences

SUM1-U10L1

- 1 You don't suppose to smoke cigarettes inside the office.
- 2 Wasn't everyone suppose to turn off their phones during the talk?
- 3 Lena and Gil didn't supposed to finish their report before the meeting yesterday.
- 4 When will he be supposed to let his boss know he's taking time off?
- 5 What we suppose to do for tomorrow's class?

- 1-
- 2-
- 3-
- 4-
- 5-

Rewrite each instruction to express an expectation, using be supposed to. Make any other necessary changes

- 1 "Please bring your homework with you tomorrow."
(we / bring)
- 2 "Please tell Sara to call her mother after class."
(Sara / call)
- 3 "Please inform Walter that he needs to pay his bill by Friday."
(Walter / pay)
- 4 "Don't tell anyone about Tom's surprise birthday party on Sunday."
(I / tell)
- 5 "Don't tip people for their service when you're traveling in Japan."
(you / tip)
- 6 "All of our store clerks should be friendly, helpful, and courteous."
(Our store clerks / be)