Reading

1 **Huda tries to help and give advice to teenagers going through some difficult times. Read the texts and choose the correct word/expression for gaps 1–4.**

a I'm not sure what I'm doing.
b stressed
c I'm exhausted.
d pressure



Subject:

Dear Huda,

I feel I am struggling a bit at the moment. One day I'm happy and the next I'm sad. I feel under pressure at school and people keep asking me what I'm going to do when I finish school, but I don't know yet! Sometimes I get very irate and want to stay in my room. _____[1].

Please give me some advice, Yousif

Subject:

Dear Huda,

I feel very stressed all the time. I have so much work to do for school. Then, when I'm at home, my little brother wants me to play with him and I end up staying up late to study. _____[3]. Everything seems to be getting on top of me. What can I do?

Please help, Shamsa

Dear Yousif,

Thank you for being brave and asking for help. What you are going through is normal. You are trying to figure out what you want for your future. I recommend that you find someone to talk to, either a close friend or a parent. Do not put too much _____[2] on yourself about choosing a career path, as not everyone knows what they want to do after they leave school! When you are feeling sad, doing some sort of physical activity can help you feel better.

I hope this helps, Huda

Dear Shamsa,

Being a teenager is very challenging, and feeling _____[4] is fairly common. It is important to get some help and support. Perhaps share your feelings with a parent or close friend. You should work out a schedule for yourself and stick to that. Allow yourself time to play with your brother, but then ask someone else in your family to take care of him. Teenagers need about 10 hours of sleep a night so you have to prioritise that.

I hope this helps, Huda

LIVEWORKSHEETS