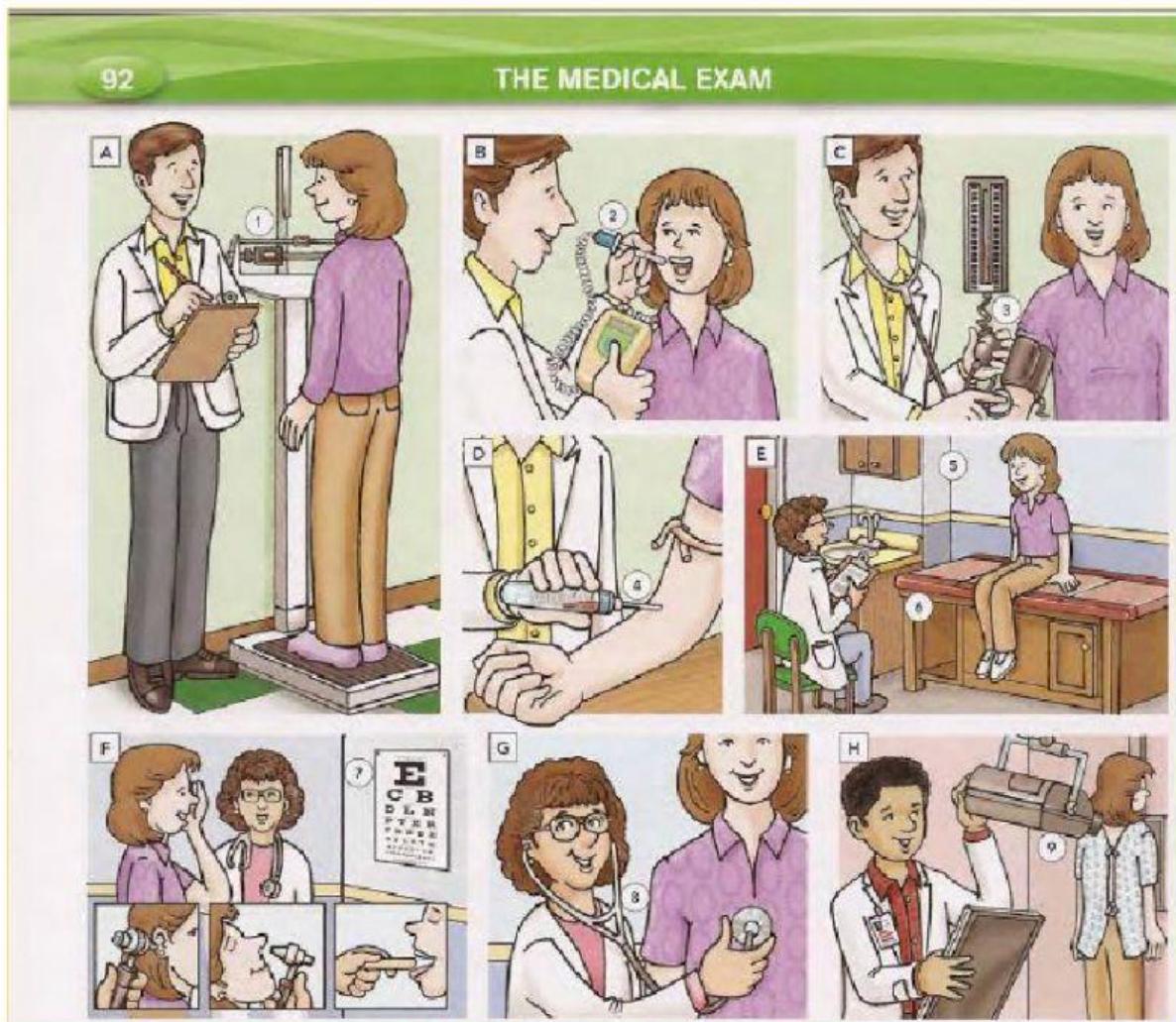


How often do you see a doctor?

Are you afraid of medical exams?



- A measure your height and weight
- B take your temperature
- C check your blood pressure
- D draw some blood
- E ask you some questions about your health

- F examine your eyes, ears, nose, and throat
- G listen to your heart
- H take a chest X-ray

- 1 scale
- 2 thermometer
- 3 blood pressure gauge
- 4 needle/syringe
- 5 examination room
- 6 examination table

- 7 eye chart
- 8 stethoscope
- 9 X-ray machine



1 rest in bed

2 drink fluids

3 gargle

4 go on a diet

5 exercise

6 take vitamins

7 see a specialist

8 get acupuncture

9 heating pad

10 humidifier

11 air purifier

12 cane

13 walker

14 wheelchair

15 blood work/blood tests

16 tests

17 physical therapy

18 surgery

19 counseling

20 braces



A. I think { you should 11-81.  
 you should use a/an 19-24.  
 you need 15-20.

B. I see.

A. What did the doctor say?

B. The doctor thinks { I should 11-81.  
 I should use a/an 19-24.  
 I need 15-20.



**Role Play Instructions:** Make a role play in which you include the vocabulary studied in class. Make sure you include vocabulary about body parts, ailments, symptoms, injuries, and emergencies. Watch the next two videos to get some ideas.

Group Work



**WATCH  
THE  
VIDEO**

[.youtube.com/watch?v=5jP6qM3Kakc](https://www.youtube.com/watch?v=5jP6qM3Kakc)



[.youtube.com/watch?v=lHKdEwc50mw](https://www.youtube.com/watch?v=lHKdEwc50mw)

**WATCH  
THE  
VIDEO**





# TIME TO LISTEN



## LISTENING TASK # 1



**LISTENING SKILLS**  
by teacher Marlon

**Instructions:** Listen again. Will Mia follow her friend's suggestions? Check (x) yes or no.

	<b>YES</b>	<b>NO</b>
1)		
2)		
3)		
4)		
5)		

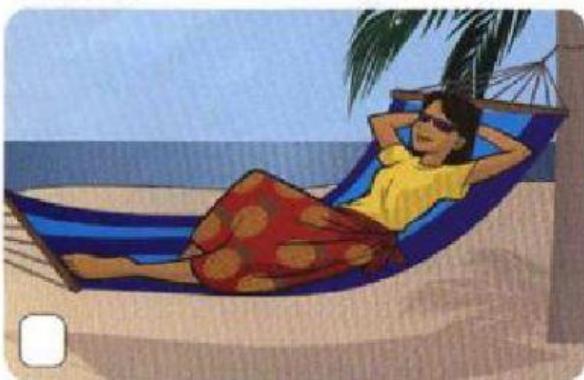


## LISTENING TASK # 2



**LISTENING SKILLS**  
by teacher Marlon

**Instructions:** Mia is feeling stressed out. What activities does her friend suggest? Number the activities from 1 to 5. (There is one extra activity.)





## LISTENING TASK # 3



**Instructions:** Listen. Will the people follow the suggestions? Check (x) yes or no.

	YES	NO
1.		
2.		
3.		
4.		
5.		



## LISTENING TASK # 4



**Instructions:** Listen. People are talking about health and relaxation. Where are they? Circle the correct answers.

1.	a tea shop	a sports gym
2.	a doctor's office	an aromatherapist's office
3.	a yoga class	a massage therapist's office
4.	a sports gym	a health food store
5.	a doctor's office	a yoga class



### LISTENING TASK # 5



**LISTENING SKILLS**  
by teacher Marlon

**Instructions:** Listen. People are talking about health and relaxation. Where are they? Circle the correct answers.

	sleep better	feel younger	look younger	have more energy	feel calmer
1.					
2.					
3.					
4.					
5.					

## WHAT IS STRESS?

STRESS IS A NATURAL BODILY REACTION  
NECESSARY FOR SURVIVAL AND  
CAN NEGATIVELY IMPACT A PERSON'S  
BODY, MOOD AND BEHAVIOR.



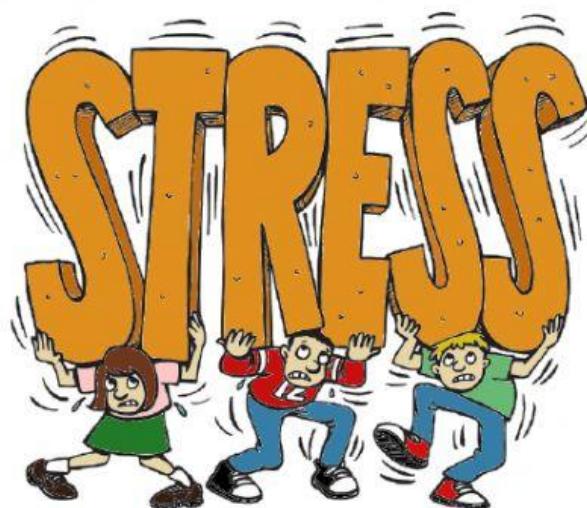
### Let's talk about Stress

- ↳ When was the last time you were stressed?
- ↳ What do you do to manage stress?
- ↳ Do you get stressed at INA / work?
- ↳ Does stress ever affect your sleep?
- ↳ How can stress negatively impact a person's health?
- ↳ Do you think it is easy to identify stress?
- ↳ How can you help someone who is feeling stressed out?
- ↳ What activities help you to relax when you are stressed?
- ↳ When you're stressed, does it last for a short or a long time?
- ↳ Do you feel anxious or nervous when you meet new people?
- ↳ What kind of things stress you out?
- ↳ What do you think is the most stressful job in the world?
- ↳ What do you think is the most stress-free job in the world?
- ↳ Do you think stress is ever a good thing?
- ↳ Would you rather have a high-paying stressful job, or a low-paying stress-free job?
- ↳ What are some healthy ways to relieve stress?
- ↳ What are some unhealthy ways to relieve stress?
- ↳ Do you get stressed when you read the news?
- ↳ Do you think social media can make people stressed?
- ↳ What's your favorite place to go to relax?
- ↳ Is it possible to live a completely stress-free life?
- ↳ What do you think would be more stressful? Getting married or moving house?
- ↳ Have you ever helped someone who was feeling stressed?
- ↳ Do you think stress is a mental or physical condition?
- ↳ What would a stress-free vacation be like?
- ↳ How many times a day do you feel stress?



**Instructions:** People are talking about ways to relieve stress and other health problems. What activities do they suggest? Choose the correct answers by writing an "X".

1.	a. meditation b. massage c. yoga
2.	a. aromatherapy b. a hot bath c. herbal tea
3.	a. massage b. yoga c. exercise
4.	a. exercise b. sleep c. vacation
5.	a. massage b. aromatherapy c. meditation



**Activity:** Plan one activity to help your English group release stress. That activity shouldn't take more than 12 minutes. Let's be creative and develop your soft skills.