



English: Level A2+

WEEK 11

Let's protect our mental health!*

Activity

A strong mind (day2)

LET'S OBSERVE - EXERCISE 1

Complete the poster with one of the pictures: a), b) or c) to keep your mind healthy.



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OBSERVE - EXERCISE 2

A. Match the pictures with the bubbles. Who said what? Follow the example:

 1	 2	 3	 4	 5	<p>A. I can't turn off my smart phone. I sleep 3 or 5 hours every night.</p> <p>B. At night, I eat and eat until I feel full.</p> <p>C. I feel lonely at home. I miss school.</p> <p>D. I eat fruits and salads, regularly.</p> <p>E. I sit on the couch and don't stop until I finish all the levels.</p>
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1 2 3
4 5

B. What recommendation(s) could you give to **Marcela**, i, ii or iii?

i

You should exercise three times a week.

ii

You should avoid eating before going to bed.

iii

You should sleep at least 8 hours a night.

READ

Read the following texts about taking care of your mental health:

Tools to improve our mental health

The organization Mental Health America (MHA) recommends using these tools to improve our mental health:

TEXTA



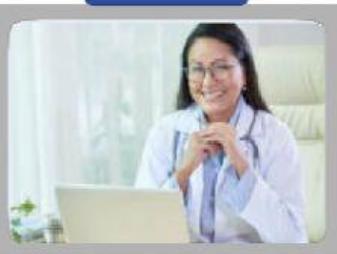
1. Try to stay positive: Every situation **usually** has a positive and a negative side. We shouldn't focus on the negative one.
2. Get physically active: We have to exercise **often** to maintain a healthy body and mind. 30 minutes of aerobic exercise three days a week is enough to positively impact our mental health.
3. Help others: When we feel sad or anxious, we **hardly ever** think about helping someone else, but helping others makes us feel good.
4. Get enough sleep: Teenagers have to sleep between 8 and 10 hours a day to stay healthy. Adults have to sleep 7-9 hours. We should maintain a regular bedtime.
5. Eat well: We should regularly eat vegetables, fruits, proteins and whole grains. Eating dessert **occasionally** is okay.

Finally, keep your spirits up! It is important to think that things will get better. We should **always** keep that in mind

How can we protect our mental health?

Dr. Lisa Damour is a psychologist specialized in adolescent mental health. These are some of her mental health recommendations for teenagers:

TEXTB



1. We have to understand that our anxiety is completely normal. It is okay to feel anxious **sometimes**.
2. We should create distractions: To find balance in our day-to-day, we should read books, watch movies or listen to music **regularly**. You don't have to worry all the time. It is okay to relax even when things are difficult.
3. Find ways to **regularly** connect with friends: Teenagers shouldn't feel lonely in quarantine. Social media is a great tool to connect with our friends. Just make sure you are not online too **often**.
4. You have to focus on you: This is a great time to learn something new. For example, you can learn to play an instrument. It is **never** too late to learn new things.
5. You should **always** be kind to yourself and others: Cyberbullying is still a big problem. We have to be nice to our classmates and teachers especially in times like these.

We should **always** remember that our mental health is connected to our physical health. We have to take care of it and find support in our family and friends when we feel sad, angry or scared.

¹Texto con información recogida y adaptada de la página web de "Mental Health America" (Mental Health America. (s. f.). The Ten Tools. Recuperado 12 de julio de 2020, de <https://www.mhanational.org/>)

²Texto con información recogida y adaptada de UNICEF (UNICEF. (s. f.). How teenagers can protect their mental health during coronavirus (COVID-19). Recuperado 12 de julio de 2020, de <https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>)

LET'S UNDERSTAND!

UNDERSTAND - EXERCISE 1

Mark TRUE, FALSE or DOESN'T SAY for the following phrases about the texts you just read. Follow the example:

Example:

1. Getting physically active helps improve our mental health.

- a) True
- b) False
- c) Doesn't say

4. Feeling anxious is very dangerous and you should call the doctor immediately.

- a) True
- b) False
- c) Doesn't say

2. People who sleep less than 4 hours a night usually have headaches.

- a) True
- b) False
- c) Doesn't say

5. Social media is always bad for your mental health.

- a) True
- b) False
- c) Doesn't say

3. Eating dessert occasionally is bad for your mental health.

- a) True
- b) False
- c) Doesn't say

6. Cyberbullying is one of the biggest problems among teenagers.

- a) True
- b) False
- c) Doesn't say

UNDERSTAND - EXERCISE 2

Complete the following sentences with the correct adverb of frequency according to the texts you just read. Follow the example:

Example:

According to the MHA, we **hardly ever** think about helping others when we feel anxious.

1. Dr. Damour says that feeling anxious **hardly ever** is completely normal.

2. Dr. Lisa Damour recommends to exercise **regularly** and connect with friends **often**.

3. The MHA says that it is okay to eat dessert **occasionally**.

4. Dr. Damour says that we should **try to be kind to ourselves**.

5. The MHA suggests that we **try to focus on thinking that things will get better**.

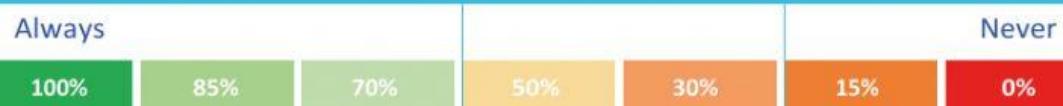
LET'S PRACTISE!



¡INOTEMOS ALGO!

Pasado simple

Lee los dos textos otra vez. Identifica los adverbios de frecuencia en **negrita** en los textos y ordénalos en la siguiente escala (de menos frecuente a más frecuente):



Ahora, escoge la opción correcta para responder a las siguientes preguntas sobre los adverbios de tiempo:

1. ¿En qué partes de la oración van los adverbios de tiempo normalmente? (marca 2 respuestas)
a) Despues del verbo "to be" c) Al final de la oración
b) Al principio de la oración d) Antes del verbo principal
2. ¿Qué palabra de pregunta o "question word" utilizamos para preguntar por la frecuencia con la que se realizan ciertas actividades?
a) Why c) How often
b) How much d) When

***Nota 1:** Algunos adverbios de frecuencia como "sometimes" y "often" también pueden ir al final o al principio de la oración para dar énfasis a la frecuencia.

***Nota 2:** El adverbio de frecuencia "regularly" va al final de la oración.

LOOK!

LOOK at the explanation on how to make questions about frequency:

We use **"how often"** to ask questions about frequency.

- **How often** does she go to the store?
- **How often** does it rain in Tumbes?



PRACTISE – EXERCISE 1

Now look at the **structure of questions about frequency** and write the words of the given question in the empty structure correctly:

Structure of questions about frequency

1. HOW OFTEN

2. HELPING VERB

3. PERSON

4. MAIN VERB

5. OBJECT

How often does he play video games?

PRACTISE – EXERCISE 2

Write the correct question for each of the following answers. Follow the example Example:

How often does your dad worry about his problems?

1.

She never plays video games at night.

2.

My mother always exercises.

3.

We occasionally eat candy for dessert.

PRACTISE – EXERCISE 3

A. First, complete the quiz about mental health. Choose the best option for you.

MENTALHEALTHQUIZ

1. How often do you help others?	3. How often do you take time to relax?
a) Regularly	a) Regularly
b) Sometimes	b) Sometimes
c) Never	c) Never
2. How often do you talk to your friends?	4. How often do you exercise?
a) Regularly	a) Regularly
b) Sometimes	b) Sometimes
c) Never	c) Never

B. Now, write full sentences using the word you circled in the 'Mental health quiz'. Example:

How often do you help others?

- a) Regularly
- b) Sometimes
- c) Never



How often do you help others?

I help others regularly.

1. How often do you help others?

2. How often do you talk to your friends?

3. How often do you take time to relax?

4. How often do you exercise?

C. Now, look at Rodrigo's answers to the mental quiz below. Then, write full sentences using the words Rodrigo

Rodrigo's mental health quiz

Example:

1. How often do you help others?

- a) Regularly
- b) Sometimes
- c) Never



Rodrigo helps others regularly.

2. How often do you talk to your friends?

- a) Regularly
- b) Sometimes
- c) Never



3. How often do you take time to relax?

- a) Regularly
- b) Sometimes
- c) Never



circled. Follow the example.

Recuerda que cuando escribes oraciones en tercera persona se debe agregar una "s" al final del verbo. Por ejemplo:

- My father always **cleans** the kitchen.
- My sister **plays** the guitar regularly.



