

Unit 5 Video: Don't stress out!

1) How does Marco manage his stress? Check (✓) the correct answers.

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| ☐ He cleans up his apartment. | ☐ He plays soccer. |
| ☐ He does aerobics. | ☐ He plays video games. |
| ☐ He does nothing. | ☐ He reads a book. |
| ☐ He does yoga. | ☐ He talks to someone. |
| ☐ He listens to relaxing music. | ☐ He uses a stress ball. |
| ☐ He meditates. | ☐ He watches a funny video |

2) Marco explains how to meditate. Number the steps from 1 to 9.

- _____ Close your eyes.
- _____ Relax and watch your breath.
- 1 Sit comfortably.
- _____ Breathe slowly and deeply.
- _____ Cross your legs.
- _____ Count the breaths silently.
- _____ Put your hands on your knees.
- _____ Keep your neck and back straight.
- _____ Continue to breathe slowly and deeply.

3) Write T (true) or F (false).

- a) Marco is a student. _____
- b) He has one part-time job. _____
- c) He has a really hard class. _____
- d) He has a big French test tomorrow. _____
- e) Marco's number one tip is: Talk to somebody _____