

## Lesson C:

### Giving advice

#### 1. Pronunciation: Reduction of “to”

- Listen and practice. In conversation, **to** is often reduced to /tə/



A: What should you do for a toothache?

B: It's sometimes helpful to take some pain

medicine. And it's important to see a dentist.

#### 2. Listening

- Listen to four people talking about problems and giving advice. Write the problem and the advice.

PROBLEM	ADVICE
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Joshua

Carla

Derek

Michael

#### 3. Reading

- Read the article and answer the questions

##### How to Manage Stress

Stress is a normal part of life. Everyone feels stress sometimes, and it can come from many things like work, school, or problems with friends. While some stress is natural, too much stress can hurt your body and mind. That's why it is important to learn how to manage stress. Here are some easy ways you can reduce stress in your daily life.





## 1. Stay Active

Exercise is a great way to lower stress. When you move your body, it releases chemicals that make you feel good. You don't need to go to the gym. You could take a walk, ride a bike, or dance to your favorite song. Physical activity helps clear your mind and gives you more energy. So, stay active!

## 2. Eat Healthy Food

You should eat good, healthy food. Fresh fruits, vegetables, and whole grains give your body the fuel it needs to handle stress. Junk food like chips and sweets might taste good, but they can make you feel tired and low. Drink enough water and avoid too much coffee or soda. Eating the right foods helps your body stay strong and calm.

## 3. Get Enough Sleep

Sleep is very important for managing stress. You should sleep for at least 7-8 hours each night. A good night's rest helps your body recover and your mind stay focused. If you don't sleep enough, you could feel more stressed and find it hard to think clearly. So, go to bed early and try to wake up at the same time every day.

## 4. Breathe Deeply

When you feel stressed, stop for a moment and take deep breaths. Deep breathing relaxes your muscles and calms your mind. Close your eyes, breathe in slowly through your nose, and let the air out through your mouth. Do this for a few minutes and feel the stress leave your body. You should breathe deeply whenever you feel tense.

## 5. Do Something You Enjoy

Take time to do things that make you happy. You could listen to music, read a book, or play a game. Doing something fun helps you forget about your problems for a while. It gives your mind a break and makes you feel refreshed. Find time for hobbies or relaxing activities every day.

## 6. Stay Positive

You should try to keep a positive attitude even when things are hard. Life has challenges, but thinking positively can help you handle them better. Focus on the good things in your life and be thankful for what you have. A positive mind helps reduce stress and makes you stronger.

## Conclusion

Stress is part of life, but you can control how it affects you. Stay active, eat healthy, and get enough sleep. Take deep breaths, talk to someone, and do things you enjoy. By following these simple steps, you should feel calmer and more in control of your stress.

### 1. What is one way to reduce stress?

- A) Watching TV all day
- B) Doing some physical activity
- C) Skipping meals
- D) Drinking a lot of coffee

### 2. What kind of food should you eat to manage stress?

- A) Junk food like chips
- B) Fresh fruits and vegetables
- C) Only sweets
- D) Spicy food

### 3. How many hours of sleep should you get each night to manage stress?

- A) 4-5 hours
- B) 6 hours
- C) 7-8 hours
- D) 9-10 hours





**4. What could you do if you feel stressed at school?**

- A) Take deep breaths
- B) Skip class
- C) Eat junk food
- D) Complain a lot

**5. Who should you talk to if stress feels too heavy?**

- A) A stranger
- B) Someone you trust, like a friend
- C) No one, keep it to yourself
- D) Your pet

**6. What happens when you don't get enough sleep?**

- A) You feel less stressed
- B) You feel more stressed
- C) You think clearly
- D) You feel more energetic

**7. Why should you stay active?**

- A) It makes you feel more tired
- B) It helps reduce stress
- C) It wastes time
- D) It causes stress



## 8. What could happen if you eat too much junk food?

- A) You feel strong
- B) You feel calm
- C) You feel tired and low
- D) You feel happy all the time

## 9. What should you focus on to stay positive?

- A) The problems in your life
- B) The negative things around you
- C) The good things in your life
- D) The things you cannot control

## 10. What should you do every day to manage stress?

- A) Avoid doing anything fun
- B) Do something you enjoy
- C) Work all day without breaks
- D) Think about your problems all the time

## 4. Writing

- Read this health and fitness blog post on how to avoid stress. Then, imagine you have your own blog. Write a post with your ideas on how to reduce stress and have a relaxing life.



## 5. Wrap-up:

- Give suggestions about healthy habits that each of us should practice in our daily lives.

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