

## WRITING

### A post on a forum

- 1 Read the post on a forum and the response. Who does Carlos want to help? What does Tom suggest?

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**Forum:**  
**All things animals**

Posts:

**Carlos:** My grandma lives alone now. She sits and thinks about the post, and gets stressed about her health. I think she ought to get a cat or a dog, but she thinks she's too old. What do you think?



**Tom@the Den:** Hey, great that you've written to me – thanks! We all have stress in our lives and especially old people living alone. Pets make people feel happier and more relaxed. In fact, did you know that they can also help with stress? Have you ever tried sitting with a cat or walking a dog when you're stressed? It really helps! Why? Stress often causes high blood pressure and just being near an animal can help to lower it. I think your grandma should definitely try having a pet. If she likes dogs, for example, but doesn't want to keep a dog as a pet, I can recommend trying a therapy dog. There are specially trained dogs that can visit old people with their owners or volunteers. Your grandma can enjoy the dog without worrying about it! Why don't you look online for a therapy pet centre near you? Or you could always ask at your local vets – they ought to be able to help. That way, your grandma can relax and beat stress.

- 2 Read the post and response again. Answer the questions.

- 1 Why doesn't Carlos's grandma want a pet?  
She thinks she's too old.
- 2 How can pets help with stress?  
\_\_\_\_\_
- 3 Where should Carlos find out about a therapy pet?  
\_\_\_\_\_
- 4 Why is a therapy pet a better option for Carlos's grandma?  
\_\_\_\_\_

- 3 Circle the correct options in the *Useful language* phrases. Then check in the forum response.

- 1 You *would* / could always ask ...
- 2 Have you ever tried *sitting* / *sit* ... ?
- 3 *This* / *That* way, your grandma can relax ...
- 4 Why *don't* / *not* you look ... ?
- 5 I can recommend to *try* / *trying* ...

Write your own response to a post on a forum.

#### PLAN

- 4 Write notes on the problem below or use your own ideas. Include a greeting, thanks, advice and reasons for your advice.

'Please help! I'm drinking two litres of cola a day! I know it's bad for me, but I think I'm addicted to the sugar and caffeine! What can I do?'

#### WRITE

- 5 Write your response. Remember to use *should*, *shouldn't*, *ought to*, quantifiers and *Useful language* phrases.

#### CHECK

- 6 Do you ...
- have a greeting?
  - give advice with reasons?
  - use an informal style?