

UNIT 3

Teenagers

Lesson 6: Skills 2



OBJECTIVES

After this lesson, students will be able to:

01.

Listening

listen for general and specific information about teen stress

02.

Writing

write a paragraph about the cause(s) of one's stress and solutions to deal with it.





Vocabulary

Vocabulary

parental (adj)

/pə'rentl/

liên quan tới bố
mẹ, thuộc bố mẹ



Vocabulary

peer (n)

/piə(r)/

người ngang hàng,
bạn đồng lứa



Vocabulary

bully (v)

/'bʊli/

bắt nạt





Talk about stress

What are the three things that stressed you the most?

If you could change one thing in your life, what would it be?





01.

LISTENING

listen about teen stress

1 (p.34) Which types of pressure below do you think teens face?

- ☒ A. pressure from schoolwork
- ☐ B. parental pressure
- ☒ C. pressure from work
- ☒ D. pressure from their clubs



2 (p.34) Listen to a conversation and choose the correct answer to each question.



1. How many students are talking?

A. One.

B. Two.

☒ C. Three.

2. What are they discussing?

A. Their class forum.

☒ B. Their stress.

C. Their community activities.

Mi: Ms Hoa said we can **discuss the stress** we have in our lives on the class forum. So, what stress do you have?

Minh: I'm tired of trying to meet my parents' expectations.

3 (p.34) Listen to the conversation again and fill each blank with ONE word.



Problems	Solutions
<u>Minh</u> has <u>pressure from</u> his (1) N (someone)	Minh should <u>tell his parents</u> about his <u>interests and</u> (2) N (something)
<u>Ann</u> is <u>unhappy</u> about <u>her</u> (3) N (something)	Ann should <u>feel</u> (4) Adj about her <u>body</u> .
<u>Mi</u> doesn't <u>get on</u> <u>with</u> her (5) N (someone)	She should (6) V to her <u>mum</u> .

Let's listen



3 (p.34) Listen to the conversation again and fill each blank with ONE word.

Problems	Solutions
<u>Minh</u> has <u>pressure from</u> his (1) parents	Minh should <u>tell his parents</u> about his <u>interests and</u> (2) abilities
<u>Ann</u> is <u>unhappy</u> about <u>her</u> (3) N (something)	Ann should <u>feel</u> (4) Adj about her <u>body</u> .
<u>Mi</u> doesn't <u>get on</u> <u>with</u> her (5) N (someone)	She should (6) V to her <u>mum</u> .

Minh: I'm **tired** of trying to meet my **parents'** **expectations**. They want me to study well and be good at many things, so they send me to many classes like maths, English, piano, and karate.

Ann: Why don't you **tell them** your **interests** and **abilities**, Minh? I talked to my parents about this, so they no longer send me to classes I don't like.

3 (p.34) Listen to the conversation again and fill each blank with ONE word.

Problems	Solutions
Minh has pressure from his (1) parents	Minh should tell his parents about his interests and (2) abilities
<u>Ann</u> is <u>unhappy</u> about <u>her</u> (3) weight	Ann should <u>feel</u> (4) good about her <u>body</u> .
<u>Mi</u> doesn't <u>get on</u> <u>with</u> her (5) N (someone)	She should (6) V to her <u>mum</u> .

Ann: ... Now I just **focus** on my health and try to **lose** some **weight**.

Mi: You look fit, Ann. You should **feel** **good** about your **body**.

Ann: Are you kidding, Mi? I still need to lose a few more kilos.

3 (p.34) Listen to the conversation again and fill each blank with ONE word.

Problems	Solutions
Minh has pressure from his (1) parents	Minh should tell his parents about his interests and (2) abilities
Ann is unhappy about her (3) weight	Ann should feel (4) good about her body.
<u>Mi</u> doesn't <u>get on</u> <u>with</u> her (5) sister	She should (6) talk to her <u>mum</u> .

Mi: Actually, I don't get on with my **sister**. She is jealous of anything I have and always starts arguments. So I had to **talk** to my mum ...

Writing

2.

write about the cause(s) and
solutions of stress

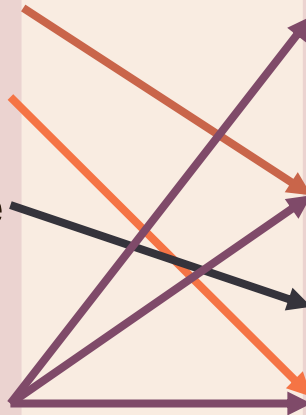
4 (p.34) Match the causes of teen stress with the possible solutions. There may be more than one solution to a problem.

Causes of teen stress

1. peer pressure
2. too much schoolwork
3. spending too much time on social media
4. bullying

Possible solutions

- A. avoiding bullies wherever possible
- B. staying calm and relaxed
- C. turning off smartphones
- D. talking to teachers



5 (p.34) Write a paragraph (80 - 100 words) about the cause(s) of your stress and offer solutions.

Causes of teen stress

too much schoolwork



Possible solutions

talking to teachers

I often feel stressed because of **schoolwork**, and here are the ways I deal with my stress. **First, I often talk to my parents about how I feel and what I expect my parents to help. Second, I stopped staying up late to play games or chat with peers. I turn off my computer and smartphone at 10 p.m. Third, I also tell my parents that I am making efforts, but there are subjects that I don't really like so I can't get very high marks as they expect. I also stop going to extra classes and increase self-study.**

I often feel stressed because of _____

and here are the ways I deal with my stress.

Swap and check.

- Check for spelling

Check for ideas

Did your friend write about his/ her cause and the solutions to the stress?

Check for comprehension

Does the writing make sense?

Check for grammar

Does the writing use the correct tenses and structures?



WRAP UP

In this lesson, students have learned to:

listen for general and specific information about teen stress

write a paragraph about the cause(s) of one's stress and solutions to deal with it.





Thanks for
your attention

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