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| ☐ Listening ☐ Speaking ■ Reading ☐ Grammar ☐ Writing |
| Topic: The Effects of Stress |

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| Instructor:  Lina | Level:  Intermediate | Students:  6 students | Length:  40 minutes |

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| **Materials:**    - Worksheet A – Word matching (Connect word)  - Worksheet B – Multiple choice (Correct answer)  - Worksheet C – Complete and summarize the sentence (Fill the blank)  - Article  - Using a Board, Marker |
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| **Aims:**  -   To practice reading comprehension skill by checking worksheet  -   To improve listening skills by listening to his/her partner.  - To practice writing skills by taking notes on a worksheet while listening to his/her partner  - To practice speaking skills through pair work and presentation |

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| **Language Skills:**  -  Reading: worksheets and article  -  Listening: other students’ speeches about their opinion and the teacher’s instruction  -  Speaking: pair work and presentation, comparing answers with classmates  -  Writing: answering questions on vocabulary worksheet, note taking |

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| **Language Systems:**  -  Phonology: Practice pronunciation through the matching activity  -  Lexis: vocabulary about effects of stress  -  Function: listening, pair work, article reading, speaking   -  Discourse: worksheet, interaction between students |

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| **Assumptions:**  -  Students already know each other very well.  -   Students already know the teacher’s style of teaching and the pace of the course.  -   Students are interested in story.  -   Students are actively involved in the class. |

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| **Anticipated Errors and Solutions:**   |  | | --- | | - Ss may not understand the vocabulary  Repeat the word until Ss get the sense of the content.   -  Ss may not understand the pair work  Demonstrate how to do the pair work  -  If there is not enough time,  Shorten the post activity and cut off the whole class presentation.  -  If there is too much time,  Give Ss extra time to communicate and share ideas with each other | |

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| **References:**  - <http://web2.uvcs.uvic.ca/courses/elc/studyzone/>  - www. google.co.kr |

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| **Lead-In** | | | |
| Materials: Using a Board, Marker | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 5 min | Whole Class | Listen to teacher’s instruction | **Procedure**:    Instruction  Hello everyone, Enjoyed your lunch?  When you get stressed, you don’t eat some food?  In my case, I’m eating spicy food and drinking several cups of coffee when I get stressed.  Today, let me show you a story. The title is The Effects of Stress. Can you guess what the story is about?  I ask you. What do you think when you heard “stress”? Students may guess vocabulary and story.  (Eliciting from Ss)  Write down their answers on the board. |

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| **Pre-Activity** | | | |
| Materials: Worksheet A, | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 3 min          2 min | Whole  class      Pairs  Whole  class | Listen to teacher’s instruction  Answer the questions  Talk with a partner  Share opinions  together | **Procedure**  Instruction  Before we read the article, I hand out worksheet to you.  (Distribute the worksheet A)  Now, we are going to check the vocabulary with the matching activity.  Demonstration  Please look at the worksheet. Here is an example.  You can reduce your stress when you laugh.  reduce – what does it mean?  Refer to example sentences.  Please match the word on the left to the meaning on the right. Draw a line to match.  You have 3 minutes.    Monitor discreetly. Answer students if they ask questions.  Give time warning: 1minute left.  Give 1 more minute if they need it.  Do you want more time?  Let’s check the answers together. It means...  Check all the answers orally with the students.  (Eliciting from students)  CCQ  Do you know the meaning of the words?  How much time do you have? |

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| **Main Activity** | | | |
| Materials: Article, Worksheets B | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 5 min        10 min  5 min | Whole  class            Pairs  Whole  class | Listen to teacher’s instruction  Answer the questions  Talk with a partner  Students share opinion | **Procedure:**  Instruction  Let’s read it! How much time do you have?  You have 5min. We are going to check the answer of eight questions after reading this article.  So, please read it carefully.    CCQ  How much time do you have?  Are there any difficulties on reading the article?    (Distribute the worksheet B)  O. K, Now, let’s do a pair work with your partner!  Find and share the answers with your partner.  You have 10 minutes. Let’s start!  Monitor discreetly. Answer students if they ask questions.  Give time warning: 1minute left.  Give 1 more minute if they need it.    Let’s check the answer together. No.1. The answer is C  Would you read this sentence?  Right answer- Right. The answer is C  Wrong answer- Do you have another opinion? Right.  (Elicit from students)  Check all the answers orally with the students |

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| **Post Activity** | | | |
| Materials: Board, Marker, Worksheet C | | | |
| Time | Set Up | Student Activity | Teacher Talk |
| 6 min  4 min | Whole Class  Whole Class | Listen to teacher’s instruction  Answer the questions  Talk with a partner | **Review the lesson**  Instructions  (Distribute the worksheet C)  Do you empathize of stress symptoms in this article?  Let’s review today’s lesson. Here are some sentences. Write a summary of the article. And what should we do? Write down your opinion last sentence.    Monitor discreetly. Answer students if they ask questions.  Give time warning: 1minute left.  Give 1 more minute if they need it.    CCQ  Can you take notes?  How much time do you have?  Are there any difficulties on sharing ideas?    Ok, time’s up! Lets’ share your opinion or experience!  (Elicit from students)    Closing  That’s it for today.  Today we looked at the effects of stress. How was it?  Did you have any difficulties?  I hope today’s reading and activities helped to you.  Good job today. See you tomorrow! |

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| **SOS Activity** | | | |
| Materials: | | | |
| Time | Set Up | Student Activity | Teacher Talk |
|  |  |  | Change the members in finishing group and share the answers. |

Worksheet A

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| anxious | ㆍ |  | ㆍ | affect someone or something |
| hopelessness | ㆍ |  | ㆍ | to have little or no hope |
| increase | ㆍ |  | ㆍ | use too much |
| influence | ㆍ |  | ㆍ | signs or signals |
| illnesses | ㆍ |  | ㆍ | to react with too much fear |
| moody | ㆍ |  | ㆍ | changing from happy to sad easily |
| overreact | ㆍ |  | ㆍ | to make larger or bigger |
| overuse | ㆍ |  | ㆍ | disease |
| panic | ㆍ |  | ㆍ | stress |
| pulse rate | ㆍ |  | ㆍ | nervous |
| reduce | ㆍ |  | ㆍ | to make smaller |
| symptoms | ㆍ |  | ㆍ | not taken care off |
| tension | ㆍ |  | ㆍ | react too strongly |
| untreated | ㆍ |  | ㆍ | heartbeat |

Article

### The Effects of Stress

There is a famous expression in English: "Stop the world, I want to get off!" This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional,

and mental health problems.  
  
There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomach aches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.  
  
Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.  
  
Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions often develop as a result of overuse of alcohol or drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by stress. If stress is allowed to continue, then one's mental health is put at risk.  
  
It is obvious that stress is a serious problem. It attacks the body. It affects the emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

Worksheet B

1.Which of the following is not a common problem caused by stress?

a. physical problems

b. anecdotal problems

c. mental problems

d. emotional problems

2.According to the essay, which of the following parts of the body does not have physical problems caused by stress.

a. the arms

b. the stomach

c. the lungs

d. the heart

3.Which of the following show how stress can affect the emotions? (2)

a. it can make people feel nervous

b. it can cause panic attacks

c. it can make people feel elated

d. it can lead to asthma.

4.Which of the following can result from long-term stress? (2)

a. bliss

b. depression

c. alcoholism

d. whimsy

5.Choose the best answer to explain how alcoholism is caused by stress.

a. alcohol is used to relieve stress

b. alcohol is popular

c. alcohol is a chemical

d. alcohol is similar to medicine

6.Which of the following is not caused by long-term stress?

a. bloating

b. addiction

c. anorexia

d. alcoholism

7.Symptoms of emotional stress include \_\_\_\_\_\_\_\_\_\_.

a. feeling joyous

b. feeling hungry

c. feeling thirsty

d. feeling tired

8. Stress can cause mood changes .

a. overuse of alcohol or drugs.

b. of healthy problems in modern life.

c. such as making people feel angry, moody, or nervous.

d. variety of serious mental illnesses.

Worksheet C

1. Stress is one of the most common causes…
2. Stress can affect the physical problems. One example…
3. Stress can affect the emotional problems. One example…
4. Stress can affect the mental problems. One example…
5. How do you handle stress?

양식의 맨 위