

LISTEN A MINUTE.com

Stress

<http://www.listenAminute.com/s/stress.html>



One minute a day is all you need to improve your listening skills.
Focus on new words, grammar and pronunciation in this short text.
Doing the online activities, discussion, survey and writing will help.
Listen many times – enough for you to you understand everything.

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THE LISTENING TAPESCRIPT

From: <http://www.listenAminute.com/s/stress.html>

Stress. Nasty thing. I hate being stressed but I'm not sure why. The stress disappears and then everything is back to normal. I need to tell myself that the stressful situation will be over soon. I wonder if people are more stressed today than they were 100 years ago. I think they probably are. There are more things to get stressed about these days – exams, money, jobs, trains, anything and everything. I get stressed when I have to meet a deadline and the time is running out. Fortunately, there are many things to do to get rid of stress. I reduce my stress by chatting with friends or going for a run. Life seems better then. Hmm... I wonder what will give me stress next. I'll get my running shoes ready so I can manage it.



LISTENING GAP FILL

From: <http://www.listenAminute.com/s/stress.html>

Stress. Nasty thing. I _____ but I'm not sure why. The stress disappears and then everything is _____ . I need to tell myself that the stressful situation will be over soon. _____ are more stressed today than they were 100 years ago. I think they probably are. There are more things to get stressed _____ - exams, money, jobs, trains, anything and everything. I get stressed when I have _____ and the time is running out. Fortunately, there are many things stress. I reduce my stress by chatting with friends _____ . Life seems better then. Hmmm... I wonder what will give me stress next. I'll get my running _____ manage it.



CORRECT THE SPELLING

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manage it.

 **DISCUSSION** (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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 **DISCUSSION** (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

STUDENT STRESS SURVEY

From: <http://www.listenAminute.com/s/stress.html>

Write five GOOD questions about stress in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.



 **WRITING**

From: <http://www.listenAminute.com/s/stress.html>

Write about stress for 10 minutes. Show your partner your paper. Correct each other's work.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET INFO: Search the Internet and find more information about stress. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about stress. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. STRESS POSTER Make a poster about stress. Show it to your classmates in the next lesson. Give each other feedback on your posters.

5. MY STRESS LESSON: Make your own English lesson on stress. Make sure there is a good mix of things to do. Find some good online activities. Teach the class / another group when you have finished.

6. ONLINE SHARING: Use your blog, wiki, Facebook page, MySpace page, Twitter stream, Del-icio-us / StumbleUpon account, or any other social media tool to get opinions on stress. Share your findings with the class.

