

## **Stress : Teaching suggestions**

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### **Activity 1**

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1. Get a student to read the instructions out loud and check that the students understand them.
2. Let the students do the activity individually before comparing their lists with their partner.
3. Stop the activity.
4. Elicit feedback.

### **Activity 2**

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1. Get a student to read the instructions out loud and check that the students understand them.
2. Let the students do the activity individually before checking in pairs.
3. Monitor closely.
4. Stop the activity.
5. Elicit feedback.
6. Rather than give answers at this stage, go straight to Activity 3.

**Answers: See Activity 3**

### **Activity 3**

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1. Get a student to read the instructions out loud and check that the students understand them.
2. Let the students do the activity.
3. Monitor closely.
4. Stop the activity.

#### **Answers:**

1. **strongest**
2. **strain**
3. **emphasis**
4. **prioritize**
5. **anxious**
6. **pressure**
7. **rhythm**

### **Activity 4**

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1. Get a student to read the instructions out loud and check that the students understand them.
2. Let the students begin their conversation, in English, in pairs or small groups.
3. Monitor closely.
4. Stop the activity.
5. Elicit feedback.

### **Activity 5**

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If your students don't have access to computers in the classroom, set this for homework.

#### **Answers:**

1. **Four main reasons are given for stress.**
2. **Over 30 million working days are lost annually in the UK alone.**
3. **Monday (morning).**
4. **See next page**

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### **Quick Quiz Answers**

Read the clues below and write the solutions on a piece of paper. Then take the first letter of each answer and rearrange them to find the **word** connected with this month's talking point subject, 'Stress.'

1. In its severest forms stress can .....LEAD.....to hypertension, heart attacks and mental breakdown.
2. Changes in our bodies through ....ADOLESCENCE....., the aging process, being ill, etc. can cause people to feel stressed.
3. Any changes in our lives (be they bad or good) can cause a person to feel stressed and lead to .....RELATED.....physical symptoms.
4. The number of working days lost through stress-related problems is so great that the World Health Organisation has dubbed stress 'a global .....EPIDEMIC.....'.
5. Surgeons cannot simply ...X-RAY..... a patient suffering from stress, locate the source of the complaint and then operate to remove it!

#### **Answers:**

**RELAX (R for Related [3], E for Epidemic [4], L for Lead [1], A for Adolescence [2], X for X-ray [5]).**

#### **Activity 6**

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This activity can be set as homework to be followed up and consolidated in a future lesson generating more discussion. What did most students feel about the question? What reasons were put forward in each case? Did the students read anything which changed their minds on the topic? (etc.)

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