



This week...

Scott has been having a hard time at work recently. Tina is giving him some advice on how to deal with the stress.

Lesson Targets

- Talking about stress
- Dealing with stress

Daily English Conversation

Basic Class

Warm Up – Topic Question



What makes you feel stressed?

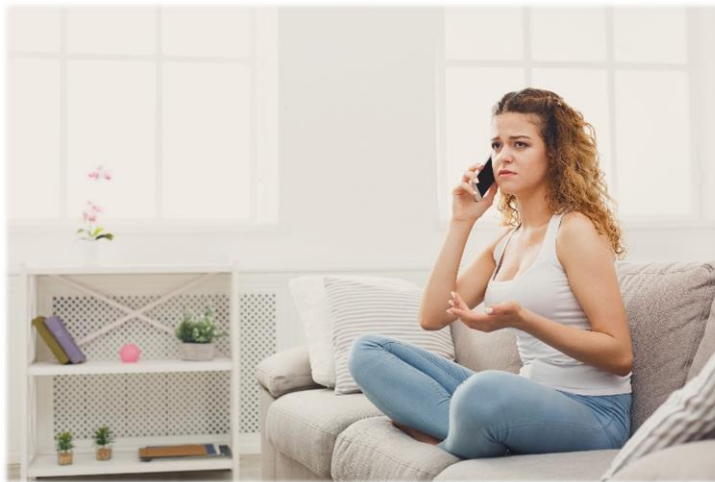
Why is that man feeling so stressed?



A



B



Who is she talking to?

*Create a short story using the following format

1. Who
2. Where
3. When
4. What's happening?

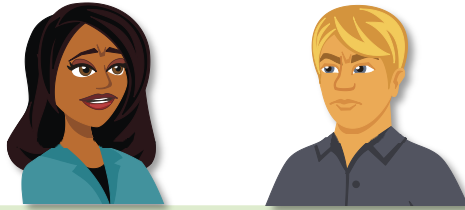
*Create a simple sentence using these words.

1. stress
2. exercise
3. try
4. advice

Why don't you **try exercise** to reduce **stress**?



1. **Have you tried** meditation?
2. **Going to** the park for a walk **really helps**.
3. **You could also try** yoga.
4. **Thanks for** helping me.



- Words
- Phrases

Tina	I'm worried about you, Scott. You don't look happy. Is everything OK?
Scott	I have a lot of stress at the moment.
Tina	Have you tried anything to reduce your stress?
Scott	No, I haven't. Do you have any ideas?
Tina	Going to the gym to do physical exercise really helps .
Scott	I'll give that a try . Anything else?
Tina	Don't drink too much coffee or alcohol. You could also try meditation.
Scott	Thanks for your advice , Tina.

Let's create sentences using your own words!

1. Have you tried ?
2. Going to really helps.
3. You could also try
4. Thanks for

1.

Are you okay?

A: No. I feel fine.

B: Yes. I've been suffering from stress.

C: Not really. I have a lot of stress.

2.

What is causing the stress?

A: The project I'm working in at work.

B: My job is causing the stress.

C: The peoples I work with.

3.

How do you deal with stress?

A: I go on the gym.

B: I use relaxation techniques.

C: I make sure I get eight hour of sleep every night.

4.

Have you tried that before?

A: Yes, it works very well.

B: No, but I hard from my friend it helps.

C: Yeah, that help a lot.

Role Play – Dealing with Stress

Student A has been suffering from stress recently and Student B is giving some tips for dealing with stress.



B: You don't look happy. Is everything OK?

A: I have a lot of stress at the moment.

*Continue the conversation using **Advice** and the **Key Phrases** from below.

Key Phrases

- Have you tried anything to reduce your stress?
- Why don't you try?
- You could also try
- No. I haven't.
- Do you have any ideas.
- I'll give it a try.
- Thanks for your advice.
- *Other*

Tips

- to get more exercise
- to get more sleep
- meditation
- go out with friends
- to avoid too much caffeine/alcohol
- *other*



- What is a good way to reduce stress?
- Have you felt stress recently?



- What makes you feel stressed?
- What do think is the best way to reduce stress?

advice アドバイス - *Thanks a lot for the **advice**.*

exercise 運動する - *I need to do more **exercise**.*

feel 感じる - *I don't **feel** very happy.*

meditation 瞑想 - *I **meditate** in the morning every day.*

really 本当に - *That is a **really** good idea.*

stress ストレス - *I have a lot of **stress** recently.*

try 試す - *You should **try** to relax on the weekends.*