



"BEYOND THE CLASSROOM" ENGLISH SELF-STUDY GUIDE

School	_____	City	_____
Teacher's name	_____		
Student's name	_____		
Grade	7th	Level	A1

ORIENTACIONES PARA LOS PADRES DE FAMILIA

Estimados padres de familia y/o acudientes.

Continuamos nuestra labor, apreciamos su compromiso, excelente actitud y trabajo en equipo para el beneficio de nuestros jóvenes. El diseño de esta guía está basado en el libro **Way to Go 7, Módulo 1, Unidad 3 página 31**. Para el desarrollo de la misma, su hijo(a) realizará las siguientes actividades en un tiempo estimado de 1 hora:

Sección 1 (vocabulario): Ejercicio para reconocer palabras claves en una lectura sobre un caso de stress.

Sección 2 (lectura): Su hijo(a) realizará un proceso de comprensión de lectura de un texto en inglés sobre un caso de stress.

Sección 3 (funcion de la lengua): donde se realizararn preguntas de analisis apra descubrir como se usa la tercera persona del singular del presente simple del ingles

Sección 4 / escritura): Su hijo(a) empleará el vocabulario y estructuras estudiadas en esta guía de aprendizaje y sus conocimientos previos, para escribir oraciones en inglés sobre cómo el stress puede afectar su salud.

Sección 5 (autoevaluación): El estudiante evaluará su aprendizaje a partir de las actividades que desarrolló.

Así, a través del desarrollo de estas actividades, su hijo(a) dominara el vocabulario relacionado con estados de salud y emociones, la estructura en inglés usada para expresar estados de salud y emociones. Adicionalmente, su hijo(a) cuenta con ejemplos de las actividades, recursos adicionales y las respuestas correctas correspondientes a los ejercicios.

Esperamos que pueda apoyar a su hijo(a) supervisando el desarrollo de las actividades y formulando las preguntas que se encuentran al final de esta guía en la sección ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA a fin de confirmar los aprendizajes que su hijo (a) logró realizar.

¡Mil gracias por su apoyo!

WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you learn vocabulary about stressful situations and their effects. Students can also describe states of health. All the activities are connected to the reading in **Way to Go Student Book 7 Module 1 Unit 2 (page 31)**. It starts with some vocabulary activities. Then, you have to read a text and work on some activities about it. After that, you will discover how to express stressful situations, beliefs, emotions and states of health.



Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Physical and psychological effects of stress	Reading and writing	The simple present	Body parts Diseases	Express health physical problems by stress

GET READY

Study time needed: 1 hour	Resources: <i>English dictionary, notebook, pencil, mobile phone/ computer, PDF file of Way to Go Student Book 7.</i>	Textbooks Link <u>Way to Go - Student's book 7-Page 31</u>
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LEARNING OBJECTIVES

LEARNING STRATEGIES

What will you learn/practise/reinforce with these activities?

- To use vocabulary about stressful situations and their effects in a real context.
- To identify specific information in a text
- To infer information from a text
- To create sentences about how stress can affect some things.

What can you do to achieve the objectives?

- Read the instructions for each task.
- Make a glossary of new words in your notebook. Don't translate words. Use words in context
- Look at the examples given in each activity of this learning guide.
- Use your prior knowledge and try to the meaning. Use the dictionary only necessary
- Write on your notebook any sentences with the new vocabulary
- Use the models given to do your own task.

ACTIVITIES

1. VOCABULARY TASK (5 minutes)

A. **Classify the vocabulary about health problems into two groups physical: and psychological**

- | | | | | |
|-----------------|------------------|---------------|----------------|-------------------|
| A. Stress | B. Toothache | C. Depression | D. Hands sweat | E. Anger |
| F. Stomach ache | G. Feet swelling | H. Anxiety | I. Anguish | J. Conjunctivitis |

PHYSICAL ILLNESSES	PSYCHOLOGICAL ILLNESSES



B. Match the words in the box with the correct images

SICK	HANDS SWEAT	STOMACH TURNS	HEADACHE
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1. _____

2. _____

3. _____

4. _____

2. READING TASK (10 minutes)

A Case of Stress

Pedro is having problems in his Maths class. He often can't do his homework because he doesn't understand it and he never gets good marks in his exams. When he gets bad marks, his stomach turns, his hands sweat, he gets a headache and he feels physically sick. He also feels depressed and often very sad. Pedro is a normal healthy teenager, but stress is affecting him both physically and psychologically!

Pedro really doesn't want to tell his parents about his bad marks because he thinks they will be angry with him. When he goes to bed he can't sleep because he is thinking about his exam marks. In the morning, he doesn't want to have breakfast and he doesn't want to talk to anyone. He really doesn't want to go to school and he definitely doesn't want to go to his Maths class, so he tells his parents that he has a stomach ache.



Taken from: Way to Go Student Book 7 Module 1 Unit 2 (page 31)

A. Read the text about Pedro's stress case and say if the statements are True or False.

- a. Pedro's health has been affected by his problems at school. _____
- b. Pedro always tells his parents about school problems. _____
- c. Pedro is a boy, very happy and calm in the school. _____
- d. Pedro's school problems affect his emotions. _____
- e. Pedro is afraid to go back to math classes. _____

B. Read the texts about other people with stress problems. Match them to the corresponding pictures writing the letter that best illustrates the situation.

- a. Carlos sings very well, but he doesn't take care of his voice, because sometimes he screams a lot and hurts his throat.
- b. The Martinez girl does not talk to her parents about their poor grades in Chemistry and that gives her a headache.
- c. My mom works in a flower shop and I don't help at home. She has stress. I don't wash the dishes but now I will help more.
- d. Leonor does not gain weight, but she thinks she is fat. Sometimes he vomits. Now she needs medical and psychological help.



1. _____

2. _____

3. _____

4. _____

3. LANGUAGE TASK (20 minutes)

A. Look at the text about Pedro again and choose the correct option to the following statements:

1. The story about Pedro is about
 - a. The past
 - b. The present
 - c. the future
2. Why? _____
3. What is the base form of these verbs?
 - a. _____ feels
 - b. _____ tells
 - c. _____ thinks
 - d. _____ wants
 - e. _____ talks
 - f. _____ gets

B. Answer the question

1. Can you find a negative form in the text? Write it here: _____
2. What words do you need to make a negative sentence in the present simple? _____
3. How does the verb appear when we use "don't/doesn't" _____
4. Select the correct answer
 1. He _____ a book every month
 - a. doesn't reads
 - b. doesn't read
 - d. does read not
 2. You _____ my girlfriend yet.
 - a. don't know
 - b. doesn't know
 - c. know don't
 3. Your grandmother _____ in Chicago.
 - a. don't live
 - b. doesn't live
 - c. doesn't lives
 4. He _____ any magazine.
 - a. don't buys
 - b. doesn't buy
 - c. doesn't buys
 5. They _____ to the beach on their holiday.
 - a. doesn't go
 - b. don't goes
 - c. don't go

4. WRITING TASK (20 minutes)

Look at Carlitos' parents normal day and describe the actions of his mother and his father; remember to use the vocabulary studied:

- A. What does Carlitos' s mother do?

- B. What doesn't Carlito' s mother do?

- C. What does Carlitos' s father do?

- D. What doesn't Carlito' s father do?



5. SELF-ASSESSMENT TASK (5 minutes)

Tick (✓) the option that shows what you can do

After finishing this self-study guide, I can...	Great	Good	I need More practice
• Use vocabulary about stress health problems			
• Identify specific information in a text			
• Infer information from a text			
• Express my health problems caused by stress			

THIS IS THE END

Congratulations! You have reached the end! Now you can express stress health problems and explain the consequences of these health problems. You created an interesting writing using vocabulary about stress, expressions to show the health problems caused by the disease of the new century.



USEFUL RESOURCES

Way to go student's book 7º page 31

https://drive.google.com/file/d/1C_Ez_knz9NiFWocecWZJ0_blrpp8O-uoF/view

Stress Symptoms- Effects

https://www.webmd.com/balance/stress-management/stress-symptoms-effects_of-stress-on-the-body#1

Dictionaries

<https://dictionary.cambridge.org/es/diccionario/ingles/could?q=could>

<https://www.wordreference.com/es/translation.asp>

<https://www.spanishdict.com/es>

Body Parts

<https://www.youtube.com/watch?reload=9&v=SUt8q0EKbms&vl=es>

Present Simple Tense

<https://www.youtube.com/watch?v=7TMXvhjMMS>

<https://idiomas.gcfglobal.org/es/curso/ingles/gramatica/presente-simple-en-ingles/>

ANSWER KEY

1. VOCABULARY TASKS

A. **PHYSICAL ILLNESS** (toothache, conjunctivitis, stomach ache, hands sweat, feet swelling)

PSYCHOLOGICAL ILLNESSES (stress, depression, angry, anxiety, anguish)

B. 1. Stomach turns 2. Hands sweat 3. Headache 4. sick

2. READING TASKS.

A. a. T b. F c. F d. T e. T

B. 1. D 2. C 3. A 4. B

3. LANGUAGE TASK.

A. 1. B

3. a. Feel b. Tell c. Think d. Want e. Talk f. Get

B. 1. He doesn't want

2. Auxiliar "do" / "does" + not (doesn't or don't) in simple present

3. In its base form.

4. 1. B 2. A 3. B 4. B 5. C

ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Una vez su hijo(a) ha desarrollado completamente las actividades (tasks) 1 a 5, es momento de hacer verificación de su proceso de aprendizaje; por tanto, le sugerimos hacer las siguientes preguntas:

1. ¿Cuál fue la actividad que te pareció más compleja / más te gustó? ¿Por qué?
2. ¿Cuánto tiempo te tomó desarrollar la guía?
3. ¿Empleaste algunos de los recursos sugeridos en la sección USEFUL RESOURCES?

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Appendix 1

module 1 // Unit 3

3. Read»

Read the story of a student who is stressed because of pressure in school. Underline the ways his body reacts to stress.

Study Tip

Underlining helps you identify and remember important details.

A Case of Stress

Pedro is having problems in his Maths class. He often can't do his homework because he doesn't understand it and he never gets good marks in his exams. When he gets bad marks, his stomach turns, his hands sweat, he gets a headache and he feels physically sick. He also feels depressed and often very sad. Pedro is a normal healthy teenager, but stress is affecting him both physically and psychologically! Pedro really doesn't want to tell his parents about his bad marks because he thinks they will be angry with him. When he goes to bed he can't sleep because he is thinking about his exam marks. In the morning, he doesn't want to have breakfast and he doesn't want to talk to anyone. He really doesn't want to go to school and he definitely doesn't want to go to his Maths class, so he tells his parents that he has a stomach ache.

4. Write»

Write sentences about how stress can affect these things (1-7).

When people are stressed, their muscles get tense.

- | | |
|------------|-------------|
| 1. head | 5. appetite |
| 2. stomach | 6. heart |
| 3. hands | 7. muscles |
| 4. sleep | |

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5. Listen»

Listen to a psychologist talking about how to deal with stress. Complete the statements with the words from the Word Bank.

How to Deal with Stress Effectively

- develop healthy habits and routines: ¹*react calmly*
- organize your time efficiently
- do something you ²....
- ³..., ⁴..., appreciate nature, e.g. watch a beautiful sunset

Word Bank

- | | |
|------------|---------------------|
| enjoy | trust |
| meditate | pray |
| spend time | react calmly |
| share | |