



"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

Apreciados padres de familia, continuamos con 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, Module 1 Unit 3 Lesson 1. Page 30. Para el desarrollo de la misma, su hijo, realizará las siguientes actividades en un tiempo estimado de una hora:

Tareas del idioma:

Vocabulario: Completar las oraciones con la correspondiente palabra del banco de palabras, según el ejemplo dado.

Lectura: Lea la historia de un estudiante quien está estresado a causa de la presión en el colegio. Subraye las palabras o expresiones que se relacionan a la reacción del cuerpo por el estrés.

Escritura: Escriba oraciones a partir de la lista indicada, utilizando las expresiones sobre las situaciones que causan estrés.

Autoevaluación: Finalizadas las actividades de la guía, responder de manera concreta los enunciados de acuerdo con su grado de aprendizaje del tema estudiado.

Así, a través del desarrollo de estas actividades, su hijo mejorará su manejo de vocabulario relacionado con el cuidado de sí mismo y de los otros, y la estructura en inglés en **Presente Simple** y el **auxiliar "can"** en forma afirmativa y negativa. Lo cual contribuirá a un mejor desempeño en las pruebas externas.

Adicionalmente, su hijo cuenta con ejemplo de las actividades, recursos adicionales y las respuestas correctas correspondientes a los ejercicios.

Esperamos que pueda apoyar a su hijo 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 logró realizar.

Muchas gracias por su apoyo!!!



WELCOME TO THIS SELF-STUDY GUIDE

This English self- study guide helps you practice giving instructions in written form. All the activities are related to the topic **Taking care of myself and from others**, the objective is to describe stressful situations, their effects, and respond appropriately in social situations giving account of the use of **Simple Present Tense** and **can, can´t**. This topic is presented in "Way to go 7" Module 1 Unit 3 Lesson 1. Page 30.

It starts with some vocabulary about stress situations. Then you have to read a story about "a case of stress" and you have to answer some questions. After, write sentences about how stress can affect us.

After you read the email, answer the questions.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Taking care of myself and from others	Reading and writing	Simple present tense, can and can't	Actions related to self reflection and emotions/feelings ; Stressing situations; Expressions to describe symptoms of stress	Talk about causes of stress and solutions Talk about relationships with friends and family. Make assertive statements to give compliments

GET READY

Study time needed: 1 hour	Resources: "Way to go 7" Module 1 Unit 3 Lesson 1. Page 30	Textbooks Links: - <i>Way to Go Workbook 7 page 30 Exercise 1 and 2</i> - https://www.englishlearnsite.com/wp-content/uploads/2018/04/Personal-Care-Products.jpg -
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LEARNING OBJECTIVES

LEARNING STRATEGIES

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

- To describe stressful situations, their effects, and respond appropriately in social situations giving account of the use of Simple present
- To express abilities to talk about how to deal with the stress situations.

What can you do to achieve the objectives?

- Read the instructions for each task..
- Write on your notebook any "new" learning points discovered.
- Express how people deal with their stress.
- Read texts comprehensively
- Check understanding of taking care of and getting to know yourself.
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ACTIVITIES

1. LANGUAGE TASKS - VOCABULARY (10 minutes)

According to the word bank below, complete the sentences. See the example in red

WORDBANK

enjoy, share, spend time, do exercise, pray, trust, positive attitude,
react calmly.

- I enjoy doing exercise on weekends.
- Students _____ the health problems with their partners
- He _____ in their teachers' advice
- They usually _____ at night.
- They _____ when their hands get wetting.
- We _____ all mornings
- All students _____ to talk about feelings and emotions after classes.
- She has _____ before getting in to E.P class

2. SKILL TASKS (45 minutes)

A. READING

Read the story of a student who is stressed because of pressure in school. Underline the words/expressions that make reference to the ways his body reacts to stress. See the example

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 stomachache.

CONCEPT QUESTIONS

Based on the reading passage complete the tasks proposed:

1. Analyze the structure of the following sentence and circle the word/s that let you think the sentence is in simple present tense

He often can't do his homework because he doesn't understand it

2. Analyze the following sentence and tell if the information provided makes reference to:

he never gets good marks in his exams

- a. Factual information, it is very common that Pedro get bad marks in the exams
 - b. Routine, Pedro do that activity every day
3. Analyze the following sentence and, in reference to the word **CAN'T**, that means that:

Fedro goes to bed, he **can't** sleep because he is thinking about his exam marks.

- a. Pedro does not have the possibility to sleep
- b. Pedro does not have the ability to sleep

B. WRITING

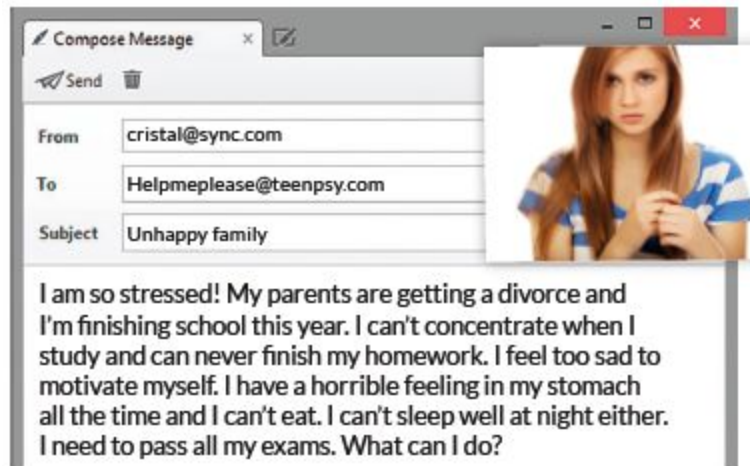
Activity 1: Write sentences about how stress can affect us, using the reference items of the list (1-7).

Example (item 7 - **muscles**): When people are stressed, their **muscles** get tense.

1. Head _____
2. Stomach _____
3. Hands _____
4. Sleep _____
5. Appetite _____
6. Heart _____
7. **Muscles** _____



Activity 2: Read the email about Cristal and then, answer the questions proposed. Write full sentences.



QUESTIONS

1. Why is it Cristal stressed?

2. Is she doing well at school?

3. How does she feel?

4. What are the symptoms of her stress?

2. ASSESSMENT TASK (5 minutes)

After finishing this self-study guide,I can...	Great! 😊	Good 😐	I need more practice 😞
Use the vocabulary about stress situations			
Identify specific information in the text about a case of stress.			
Infer information from the text about emotions and feelings which affect people physically and			



psychologically			
Talk freely with my parents about my own stress effects in my body.			

THIS IS THE END

Congratulations!, you have made it to the end! Now you can invite people to join you to healthy activities in order to help people to give advice to solve stress problems. You have learnt about the sickness that produces the stress and its effects for taking care of yourself and others.

USEFUL RESOURCES

Online English Spanish dictionary

- <https://dictionary.cambridge.org/es/diccionario/ingles-espanol/>

Vocabulary about personal care and the reasons why people feel stressed.

- [Way to Go Workbook 7 Module 1, page 30 Exercise 1 and 2.](#)

- <https://www.englishlearnsite.com/wp-content/uploads/2018/04/Personal-Care-Products.jpg>

ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Una vez su hijo(a) haya terminado las actividades de esta guía, por favor hágale las siguientes preguntas que le permitan verificar el proceso de aprendizaje.

- ¿Cuál fue la actividad que más te gustó? ¿Cuál te pareció más difícil?
- Enséñame cómo decir en inglés algunas expresiones de estrés y estados anímicas
- Enséñame cómo expresar en inglés algunas actividades para evitar el estrés
- ¿Cuánto tiempo te tomó desarrollar toda la guía?
- ¿Qué recursos utilizaste?

ANSWER KEY

1. LANGUAGE TASK

- a. Enjoy
- b. share
- c. Trust
- d. Pray
- e. React calmly
- f. Do exercise
- g. Spent time
- h. Positive attitude
- i. feelings



2. SKILL TASK

A. READING-Underlined expressions

His stomach turns.
 His hands sweat.
 He gets a headache.
 He feels physically sick.
 He also feels depressed and often very sad.

CONCEPT QUESTIONS

1. doesn't
2. a
3. a

B. WRITING ACTIVITY

Activity 1: Personal answers.

Activity 2

1. Her parents are getting divorce
2. No, she isn't. She can't concentrate when she studies and can't never finish her homework.
3. She feels too sad to motivate herself.
4. She has a terrible feeling in her stomach all the time

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