

- Description** Students share their ideas about stress
Lesson link Use this activity before 6a, page 15
Time 15 minutes
Extra material Print out and photocopy the *Stress questions* worksheet for each student
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Instructions

- a Hand out a copy of the worksheet to each student. The aim of the worksheet is to get SS thinking about stress before doing the reading in the Student's Book.
- b You could manage this activity in different ways. One possibility would be to ask students to answer the questions individually, then to compare in pairs, then in groups of four, then in groups of eight, etc. – a kind of pyramid discussion. Alternatively SS could answer the questions in pairs or small groups.
- c Compare answers in open class before moving on to 6a.

Stress questions

- 1 Which age group suffers most from stress? Put these in order 1–5 (1 = most stressed).

children _____

teenagers _____

young adults _____

middle-aged people _____

the elderly _____

- 2 Think of two things that each of the age groups above might get stressed about.
- 3 Who suffers more from stress, men or women?
- 4 Is stress a modern phenomenon, or has it always existed?
- 5 What's the most stressful job you can think of? Why?



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