

SESIÓN N°: 19

LET'S PROTECT OUR MENTAL HEALTH!*

Competences:

Read different types of texts written in English as a foreign language.

Write various types of texts written in English as a foreign language.



Good morning students, how are you?

Today, we are going to work with the platform "I learn at home".

(Hoy, vamos a trabajar con la plataforma "Aprendo en casa").





For this we will carry out the following activities:

ACTIVITY:1

Our mental health!:

LET'S SELF-ASSESS!

¿Por qué es importante proteger nuestra salud mental? ¿Puedo comprender textos en inglés sobre actividades que ayudan a cuidar la salud mental? Si preguntará a un familiar sobre qué actividades realiza para cuidar su salud mental, ¿puedo reportar sus respuestas en inglés? En el siguiente cuadro, expresa cuánto crees que puedes hacer en el idioma inglés, marcando con una "X" donde creas conveniente. Aquí no hay respuestas correctas. Se honesto(a) contigo mismo(a).

Can I do it?		Not at all 	Somewhat 	Well 	Very well 
1.	Can I identify some details in a short text in English with recommendations to improve or protect your mental health?				
2.	Can I report how often a member of my family practises some habits to protect his/her mental health in English?				
3.	Can I pronounce the words well and give intonation in English when I present the report about the actions a member of my family practises to protect her mental health?				

LET'S OBSERVE AND READ!

OBSERVE – EXERCISE 1

Look at the image of a health triangle and match each image with the correct side of the triangle. Follow the example:

Example:



OBSERVE – EXERCISE 2

Colour the habits that help protect our mental health. Follow the example:

- Exercise regularly
- Play videogames all night
- Eat healthy food
- Focus on positive things
- Worry all the time
- Connect with friends
- Sleep 3 or 4 hours a night
- Think too much about our problems
- Learn new things
- Have fun

LISTEN TO AND READ*

Listen to and read two texts with recommendations to improve our mental health:

TEXT A



Tools to improve our mental health¹

The organization Mental Health America (MHA) recommends using these tools to improve our mental health:

1. Stay positive: We should **always** focus on the positive side of the situation.
2. Get physically active: Everyone should exercise **often**. 30 minutes of aerobic exercise three days a week is enough to positively impact our mental health.
3. Help others: When we feel sad or anxious, we **hardly ever** think about helping someone else, but helping others makes us feel good.
4. Get enough sleep: Teenagers should sleep between 8 and 10 hours a day to stay healthy. Adults should sleep 7-9 hours.
5. Eat well: We should **regularly** eat vegetables, fruits, proteins and whole grains. Eating dessert **occasionally** is okay.

Finally, keep your spirits up! It is important to think that things will get better. We should **always** focus on that.

TEXT B



How can we protect our mental health?²

Dr. Lisa Damour is a psychologist who specializes in adolescent mental health. These are some of her mental health recommendations for teenagers:

1. We should understand that our anxiety is completely normal. It is okay to feel anxious **sometimes**.
2. We should create distractions: To find balance in our day-to-day, we should read books, watch movies or listen to music **regularly**. It is not healthy to **always** worry.
3. We should find ways to connect with friends: Teenagers can find creative ways to talk to their friends **regularly** without putting their health in danger.
4. You should focus on you: This is a great time to learn something new. For example, you can learn to play an instrument. It is **never** too late to learn new things.
5. You should **always** be kind to yourself and others: Let's stop cyberbullying. It's important to be nice to our classmates and teachers especially in times like these.

Take care of your mental health and remember that you are not alone. Your friends and family are **always** there to help you.

LET'S UNDERSTAND!

UNDERSTAND – EXERCISE 1

Choose the correct answers for the following questions. Follow the example:

Which of the following is NOT a recommendation from the text by the MHA?

- a) Create distractions.
- b) Help others
- c) Eat well
- d) Stay positive.

1. What does it mean to stay positive?

- a) To worry all the time.
- b) To focus on the positive side of thing.
- c) To forget about all of your problems forever.
- d) To smile all the time

2. How many hours should an adult sleep every night?

- a) Between 8 and 10 hours.
- b) Between 6 and 9 hours.
- c) Between 7 and 9 hours.
- d) At least 4 hours.

3. What does Dr Lisa Damour say about anxiety?

- a) It is always good to be anxious.
- b) It is normal to feel anxious sometimes.
- c) It is dangerous to feel anxious and you should go to the doctor.
- d) It is a disease.

4. According to Dr. Damour, how can I focus on me?

- a) Lock yourself in your room for 3 hours.
- b) Read a book or listen to music.
- c) Learn something new.
- d) Worry about your problems only.

5. What is the final message Dr Damour has for teenagers?

- a) Take care of your mental and physical health.
- b) We should have a strict schedule.
- c) Forget about your problems.
- d) We should take care of our mental health and that our families and friends are there to help us.

UNDERSTAND – EXERCISE 2

According to the texts you just read, how often should we practise the following actions? Follow the example:

ACTIONS

A. Exercise

B. Eat dessert

C. Focus on the positive

D. Eat well

E. Talk to our friends

F. Be kind to ourselves

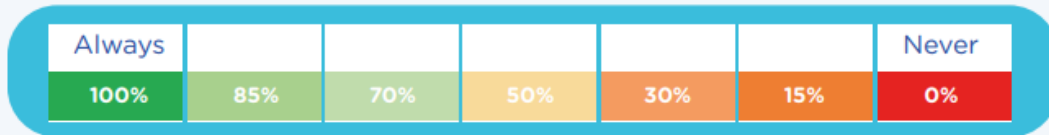
ADVERBS OF FREQUENCY

1. Always C 2. Regularly 3. Often 4. Occasionally

LET'S PRACTISE!

¡NOTEMOS ALGO!

Lee los dos textos otra vez. Identifica los adverbios de frecuencia en **negrita** y ordénalos en la siguiente escala (de más frecuente a menos frecuente):



Ahora, escoge la opción correcta para responder a las siguientes preguntas sobre los adverbios de tiempo:

- ¿En qué partes de la oración van los adverbios de tiempo normalmente? (marca 2 respuestas)
 - Después del verbo "to be"
 - Al principio de la oración
 - Al final de la oración
 - Antes del verbo principal
- ¿Qué palabra de pregunta o "question word" utilizamos para preguntar por la frecuencia con la que se realizan ciertas actividades?
 - Why
 - How much
 - How often
 - When

***Nota 1:** Algunos adverbios de frecuencia como "sometimes" y "often" también pueden ir al final o al principio de la oración para dar énfasis a la frecuencia.

***Nota 2:** El adverbio de frecuencia "regularly" va al final de la oración.

PRACTISE – EXERCISE 1

Observe the pictures and report what you see. Unscramble the sentences in parenthesis. Follow the example:



Example:

(My brother / help others / occasionally).

My brother occasionally helps others.

2. (exercise / Marco and Ana / hardly ever).

1. (My niece / eats / always /vegetables /).

3. (My friend Andrés / feels / sometimes / anxious).

PRACTISE – EXERCISE 2

Report the answers. Follow the example.

Present simple: HE-SHE-IT

I sometimes eat healthy food	➤	She sometimes <u>eats</u> healthy food.
You always watch TV.	➤	He always <u>watches</u> TV.
They never worry.	➤	She never <u>worries</u> .
We hardly ever exercise.	➤	He hardly ever <u>exercises</u> .

Example:

Interviewer : How often do you worry about your problems?

Harriet : Always.



Harriet **always** worries about her problem.

1. Interviewer : How often do you eat vegetables?

Mary : Often.



Mary vegetables.

2. Interviewer : How often do you play video games?

Raúl : Never.



Raúl videogames.

3. Interviewer : How often do you contact your friends?

My sister : Hardly ever.



My sister her friends.

4. Interviewer : How often do you exercise?

Mario : Always.



Mario .

5. Interviewer : How often do you help others?

My father : Sometimes.



My father others.

ACTIVITY: 2

DO IT YOURSELF! – D.I.Y.

LET´S CREATE!

Choose between 4 and 5 questions from the following boxes and interview one or two family members or friends about their habits to take care of their mental health. Follow these steps:

- ❖ **How often do you connect with friends?**
- ❖ **How often do you support family and Friends?**
- ❖ **How often do your focus on the positive side of situations?**
- ❖ **How often do you exercise?**
- ❖ **How often do you eat vegetables and fruit?**
- ❖ **How often do you learn new things?**
- ❖ **How often do you feel moments of anxiety?**

- 1) Choose your questions.
- 2) Interview at least one family member or friend. (The interview can be in Spanish).
- 3) Write your interview report that includes the questions and answers from your family members or friends (this report has to be in English).

About the fictional journal entry:

A. You can do it on a piece of paper, using a pen, colour pencils, pictures, glue, etc.

B. You can do it on a computer, using Microsoft Word, Power Point or any other app of your choice.

Finally, create a video or audio of you reading out loud your interview report.

What should I take into consideration to write this report?

Take into consideration the following characteristics your report should have



Interview report	Yes	No
1. You used 4 or 5 questions from the list given for your interview in D.I.Y.		
2. The interview report has one sentence per each question.		
3. Each sentence includes an adverb of frequency.		
4. The sentences are in present simple using 'S', 'ES', 'IES' correctly.		
5. The report has real information from a member of your family.		

***Recommendation: Write** a first draft of your interview report and then revise it if it does not include all the characteristics above.

LET'S SHARE!

Muéstrales tu idea a tus padres, hermanos, a quienes tengas en casa o a tu profesor(a) si están en contacto y explícales las cinco características que tu reporte de entrevista debe tener. Toma nota de los aportes y mejora tu idea para hacer tu texto en inglés.



LET'S REFLECT!

Dale un visto bueno a una de las cuatro opciones. Selecciona la opción que mejor exprese lo que puedes hacer ahora que culminaste las dos actividades de la semana.

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ORGANIZE YOUR ENGLISH PORTFOLIO OR YOUR ENGLISH NOTEBOOK.