

SESIÓN N°: 21

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").

Link for video about Mental Health:

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

Link for video about: Have to, must and should for obligation and advice.

<https://learnenglishteens.britishcouncil.org/grammar/beginner-grammar/have-must-should-obligation-advice>





For this we will carry out the following activities:

ACTIVITY:1 Improve your mental health!!

LET'S SELF-ASSESS!

Mantenernos activos en confinamiento nos ayuda a cuidar nuestra salud mental ¿Qué actividades puedo realizar para divertirme sin poner en riesgo mi salud? ¿Cómo puedo mantenerme activo(a) con las restricciones que existen debido al COVID-19? ¿Puedo describir en inglés que actividades ayudan a cuidar nuestra salud mental?

Expresa cuánto sabes en inglés con las frases en la parte superior de la tabla. Marca con una "X" donde creas conveniente. Aquí no hay respuestas correctas. Sé honesto(a) contigo mismo(a).

Can I do it?		Not at all 	Somewhat 	Well 	Very well 
1.	Can I identify the key details in a quiz and an interview in English about habits to improve our mental health?				
2.	Can I write recommendations to improve our mental health in English using "should", "shouldn't", "more often" and "less often" correctly?				
3.	Can I use accurate pronunciation and intonation in English when I orally present recommendations to improve our mental health?				

LET'S OBSERVE AND READ!

OBSERVE – **EXERCISE 1**

Look at the pictures and complete the sentences with a verb from the box. Follow the example:



MENTAL HEALTH



L _____ NEW
 THINGS



H _____ F _____



_____ HEALTHY



C _____
 WITH FRIENDS

READ*

Read two texts. Text A is a 'Mental health quiz' and Text B is conversation at a hospital.

TEXT A

Mental Health Quiz

Answer the following questions about your mental health and check the recommendations at the end of the quiz.

1. How often do you exercise?
 - a) Regularly
 - b) Sometimes
 - c) Never
2. How often do you eat fruits and vegetables?
 - a) Regularly
 - b) Sometimes
 - c) Never
3. How often do you sleep between 8 and 10 hours per night?
 - a) Regularly
 - b) Sometimes
 - c) Never
4. How often do you feel happy?
 - a) Regularly
 - b) Sometimes
 - c) Never



If your answers were:

Mostly a: Good job! You should continue with your habits.

Mostly b: Almost there! You should sleep between 8 and 10 hours a night. Remember you should exercise, eat fruits and vegetables and do activities that you like more often.

Mostly c: You are not alone! You should talk to your parents or someone you trust. He or she can help you. Remember, you shouldn't feel sad all the time.

TEXT B

At the hospital

Franco: I feel tired all the time and I often feel grumpy in the mornings.

Doctor: Ok, let me ask you some questions first.

Franco: Sure.

Doctor: How often do you eat fruits and vegetables?

Franco: I hardly ever eat fruits and vegetables. I mostly eat meat and rice.

Doctor: How often do you use your cell phone?

Franco: I am always on my cell phone. I need it to contact my friends and do my homework.

Doctor: How often do you drink soda?

Franco: I drink soda regularly. I love it.

Doctor: Last question. How often do you help others?

Franco: I hardly ever have time to help others. I'm too busy with school work!

Doctor: Here are my recommendations for you. First, you shouldn't eat meat and rice every day. Try to eat fruits and vegetables more often. You should use your cell phone less often because it isn't good to be connected all day. Also, you shouldn't drink soda so often. You should drink water instead. Finally, you should help others sometimes because it will make you feel better.



LOOK!

More frequently = "more often"

Less frequently = "less often"

LET'S UNDERSTAND!

UNDERSTAND – EXERCISE 1

Complete the following sentences about the texts you just read with the words in the box. Follow the example:

do activities we like - 8 hours - meat and rice - help others - some habits
the end - tired all the time - instead of soda

Example:

The recommendations about the mental health quiz are at **the end** of the quiz.

1. According to the recommendations after the mental health quiz, we shouldn't sleep less than _____ night.
2. According to the recommendations after the mental health quiz, we should eat fruits and vegetables, exercise and _____ to be healthy.
3. If you got mostly C's on the mental health quiz, you should change _____.
4. Franco visited a doctor because he felt _____.
5. The doctor recommended that Franco avoid eating _____ every day.
6. The doctor suggested that Franco drink water _____.
7. The doctor's final recommendation to Franco was to _____.

UNDERSTAND – EXERCISE 2

According to the interview between Franco and his doctor, how often does Franco practise the following habits? **Write the correct habit for each picture and then write the correct adverb of frequency.** Follow the example:



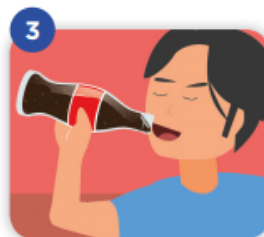
ACTION:
Eat fruits and vegetables.

FREQUENCY:
Hardly ever.



ACTION:

FREQUENCY:



ACTION:

FREQUENCY:



ACTION:

FREQUENCY:

LET'S PRACTISE!

¡NOTEMOS ALGO!

Lee los dos textos otra vez. Identifica al verbo modal "should" y su forma negativa "shouldn't" ¿Para qué utilizamos este verbo? Colorea las dos opciones que mejor describa su función:

Para brindar recomendaciones

Para dar órdenes

Para dar consejos

Para obligaciones

Ahora, observa nuevamente los ejemplos de los textos y marca **verdadero** o **falso** al lado de las siguientes oraciones sobre la estructura gramatical de oraciones que contienen "should" o "shouldn't":

1. Después del verbo "should" o "shouldn't" va la palabra "to". ¿Verdadero o falso?
2. Antes de "should" o "shouldn't" usualmente va el sujeto. ¿Verdadero o falso?
3. Después de "should" y "shouldn't" va el verbo siempre en su forma original. ¿Verdadero o falso?
4. "Shouldn't" es la abreviación de "should not". ¿Verdadero o falso?

PRACTISE – EXERCISE 1

Rewrite the following recommendations so they are written correctly. Follow the example:

1. **Wrong** ❌ People should ~~to~~ eat fast food less often and eat fruit more often.
Right ✅ People **should** eat fast food less often and eat fruit more often.
2. **Wrong** ❌ Should teenagers exercise and they should watch TV less often.
Right ✅ _____
3. **Wrong** ❌ Older people should not worry about their problems all the time and have fun more often.
Right ✅ _____
4. **Wrong** ❌ You should to learn new things and focus on the positive side of things more often.
Right ✅ _____

ACTIVITY: 2

DO IT YOURSELF! – D.I.Y.

LET'S CREATE!

Remember the interview you did last week?

Based on the interview report, write recommendations for your family member or friend.

Let's help our family members or friends improve their mental health!

About your creative text with recommendations:

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 your recommendations out loud.

Note: If you didn't do the interview in Week 11, you should do it now.

Step 1: Choose four or five of the following questions.

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?

Step 2: Interview at least one family member or friend. (Interview can be in Spanish).



Step 3: Write your recommendations.

Step 4: Put each of your recommendations inside a creative form or calligram.



What should I take into consideration to write this text?

Take into consideration the following characteristics or criterio:

Characteristics or criteria	Yes	No
1. You have at least four recommendations in English.		
2. You use "should" and "shouldn't" correctly in English.		
3. You include "more often" and "less often" in your sentences correctly in English, at least once, each.		
4. The recommendations help your family member or friend to improve their mental health.		
5. Each recommendation is presented in a creative form or calligram.		

***Recommendation: Write** a first draft of your sentences and then revise if it includes 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 cuatro características que tu texto 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.

Can I do it?		Not at all 😞	Somewhat 😓	Well 😄	Very well 😎
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ORGANIZE YOUR ENGLISH PORTFOLIO OR YOUR ENGLISH NOTEBOOK.