

ESCUELA PRESIDENTE SARMIENTO
LENGUA EXTRANJERA INGLÈS
CURSOS: 6º1º Y 6º2º

ESCUELA PRESIDENTE SARMIENTO



GUÌA PEDAGÒGICA NIVEL SECUNDARIO

LENGUA EXTRANJERA INGLÈS

AÑO: 6º DIVISIONES: 1º Y 2º

CICLO: ORIENTADO

DOCENTES:

✝ Prof. Borràs Yannete

✝ Prof. Martìn Silvia

CICLO LECTIVO 2021

PROFESORAS: YANNETE BORRÀS, SILVIA MARTÌN

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CURSOS: 6º1º Y 6º2º

CURSO: 6to AÑO **DIVISIÒN:** 1ra y 2da. **CICLO ORIENTADO**

TURNO: MAÑANA

TEMA: “EMOTIONS AND HEALTH”

GUÌA PEDAGÒGICA N° 4 PROPÒSITOS:

- Identificar el nuevo vocabulario y la introducción al Condicional tipo 0.
- Leer y comprender textos en inglés a través de actividades de comprensión lectora.
- Utilizar conocimientos previos.

CONTENIDOS:

- Presente Simple como introducción al Condicional Tipo 0.
- Estructura de oraciones.

ACTITUDINAL

- Valorar conocimientos aprehendidos.

METODOLOGÌAS

- Lectura comprensiva.
- Análisis de oraciones.
- Unir con flechas.
- Completar con el vocabulario adquirido
- Encontrar el significado de palabras..

EVALUACIÒN

Las actividades se realizarán en forma individual, teniendo las respuestas en sus cuadernos o carpetas y se evaluará en la próxima clase presencial.

4 READING


http://www.theonlineeye.com/

The Online Eye News Sports Community Family

Friday, April 8, 2016

Emotions and Health

By Sarah Brown
7 hrs ago [Comments 5](#) [Print Page](#)





Have you ever heard of people having *cold feet*? Has anyone asked for your support because they were *heart broken*? **These familiar expressions¹** show that we often experience emotions directly in our bodies. When we are about to meet the person we love, our heart pounds with excitement and we feel like we are flying. However, our hands sweat and tremble when we are anxious before an exam. Stress and problems are a normal part of life. Also, some external factors can disrupt our emotional health. Both "good" and "bad" changes in our lives can be just as stressful.

Our body responds to the way we think, feel and act. It lets us know when something is not right. It sends us messages through physical signs.

In a study performed in Finland people reported that happiness and love sparked activity across almost the entire body. On the other hand, depression dampened feeling in the arms, legs and head. Danger and fear triggered strong sensations in the chest area, and anger was one of the few emotions that activated the arms.

The results of the study have shown that emotions are not necessarily culturally bounded. **They²** affect people in the Eastern countries much in the same way as people in the Western countries.

Researchers suggest we should recognise our emotions and understand why we experience them, and **they³** offer some tips.



- ♥ **Express your feelings in appropriate ways.** Let your loved ones know when something is wrong, but look for advice and support from someone who is not directly involved in the situation.
- ♥ **Live a balanced life.** Try to focus on the positive things in your life when you deal with negative feelings. Always make time for things you enjoy and leave aside things that hurt you.
- ♥ **Develop resilience.** Cope with stress in a healthy way. Accept change while keeping a positive view of yourself.
- ♥ **Calm your mind.** Try to relax by meditating, exercising, stretching or breathing deeply.
- ♥ **Take care of yourself.** Nothing is more important than your well-being. Have healthy meals, get enough sleep and exercise. Avoid overeating and don't abuse drugs or alcohol.

And remember you can always find help if you look for it.

NO REALIZAR ACTIVIDAD Nº7

VOCABULARY

4

1 Read the text and find what the words in bold refer to:

1. These familiar expressions: _____
2. They: _____
3. They: _____

2 Find words or expressions in the text meaning...

1. help: **support**.
2. beat strongly: _____
3. alter normal functioning: _____
4. started suddenly and energetically: _____
5. reduced /extinguished: _____
6. activated: _____
7. belonging to a particular culture: _____
8. manage: _____

3 Read again and match.

- | | |
|-------------------------------|---|
| 1. If you are anxious... | a. we feel it in our chest. |
| 2. If we are afraid... | b. your hands tremble. |
| 3. We develop resilience... | c. if you are angry or depressed. |
| 4. Tell your loved ones... | d. if something is not right. |
| 5. Our body sends messages... | e. if we accept change in a positive way. |

Feelings

6 Use these words to complete the sentences.

- stressed
- tired
- worried
- relaxed
- **upset**
- down
- angry

1. If you are feeling **upset**, you are sad.
2. If you are _____, you think something bad can happen.
3. If you are _____, you want to rest.
4. If you feel _____, you cannot relax.
5. If you feel _____, you are calm.
6. If you are _____, you want to shout.
7. If you are _____, you are unhappy.

Pronunciation

Word stress

20 Listen and repeat.

- stressed** (one syllable)
relaxed (two syllables)

7 21 Which words from Exercise 6 have two syllables? Which syllable is stressed? Listen and check.

Common health problems

8 Match the words to the pictures.



- 1 a cold
- 2 a headache
- 3 a toothache
- 4 a cough
- 5 a sore throat
- 6 a rash

What about you?

4 What makes you angry / happy / afraid / sad / anxious?

5 Do you usually share your worries with someone? Who is the person that understands you the most?

ZERO CONDITIONAL: *Se usa para hablar de hechos reales y hábitos.*

Luego de If (si) se presenta la condición en la primer oración y el resultado de esa condición en la segunda.

Ej: IF YOU MIX YELLOW AND BLUE, YOU GET GREEN.

(Si mezclas amarillo con azul, obtienes verde)

IF ___Condición___, ___resultado___.

A continuación verás como se forma.

The diagram is titled "ENGLISH GRAMMAR ZERO CONDITIONAL" and includes the Woodward's ENGLISH logo. It shows the structure: IF + CONDITION, + RESULT. Below this, it specifies "PRESENT SIMPLE + PRESENT SIMPLE". The example sentence is "If you leave ice in the sun, it melts." The word "If" is highlighted in green, "leave ice in the sun" is highlighted in orange, and "it melts" is highlighted in blue. Arrows point from these highlights to boxes labeled "IF", "CONDITION", and "RESULT". A small illustration of a melting ice cube is shown to the right.

Realiza las siguientes actividades.

GRAMMAR

4

Zero conditional

If I go to bed late, I feel tired.
 If he doesn't have breakfast, he feels hungry.
 I don't get good grades if I don't study.

> See Let's review Grammar! 4, Extra Practice Book, p. 14

7 Look at the examples in the grammar box again. Answer.

1. How many clauses are there in conditional sentences – one or two?
2. What tense do we use in the *if* clause?
3. What tense do we use in the result clause?
4. Can the result clause come first in the sentence?
5. When do we use a comma?

8 Write sentences using the zero conditional.

1. if / he / get enough sleep / he / feel well
If he gets enough sleep, he feels well.
2. if / teenagers / be / responsible / parents / not have to / tell them what to do
3. if / students / not study / they / not learn
4. teenagers / work hard / if / their teacher / motivate / them
5. if / we / have / problems with our friends / we / not concentrate / on our work
6. she / listen / to music / if / she / want / to relax

9 Complete the sentences with your own ideas.

1. If I'm feeling down, *I call my best friend.*
2. If I don't sleep enough, _____
3. If I have a problem, _____
4. If I get good grades, _____

YOU ARE MAKING
 A DIFFERENCE
EVERY
day.

Zero conditional

If + simple present + simple present
 Simple present + *if* + simple present

*If you relax, you think better.
 You think better if you relax.*

Pay attention!

- When we put the condition first, we use a comma.
- If we write the result first, we don't need the comma.

We use Zero conditional

- To express things that are always true. (*If you press the button, the bell rings.*)

Pay attention!

One clause or both clauses can be negative.

*If you study, you get good grades.
 If you study, you don't get bad grades.
 If you don't study, you don't get good grades.*

1 Put the verbs in brackets in the correct form.

1. If we (not sleep) _____, we (feel) _____ tired all day.
2. If children (skip) _____ breakfast, they (feel) _____ sick at school.
3. Teenagers (misbehave) _____ if their lessons (be) _____ boring.
4. I (get) _____ angry if my friend (arrive) _____ late to do our project work.
5. If you (study) _____ hard, your teacher (congratulate) _____ you.

VOCABULARY

1 Choose the correct option.

1. He doesn't want to live in his country.
 He wants to live _____
 a. abroad b. alone c. quiet
2. She will _____ married in June.
 a. have b. get c. live

Director: Rubèn Leonardi