
	SECRETARIA DE EDUCACION MUNICIPAL I.E. GIMNASIO GRAN COLOMBIANO	PAG 1	
	GESTION DE CALIDAD PROCESO DE EVALUACION SEGUIMIENTO Y EVALUACION AUTOEVALUACION	V-EI- AA FO	
	GUÍA N°5 Inglés	V2 2021	

ÁREA: Inglés	NIVEL: SECUNDARIA	GRADO: 7°	FECHA ENTREGA 7 de Mayo	N° CLASES: 4
OBJETIVO	Hablo sobre las relaciones con mis amigos y familiares. I talk about relationships with friends and family.			
ESTÁNDAR	Comprendo textos cortos de cierta dificultad sobre actividades cotidianas, de mi interés, sobre otras asignaturas y mi entorno social. I understand short texts of some difficulty about daily activities, of my interest, about other subjects and my social environment.			
COMPETENCIA	Comprendo preguntas y expresiones orales que se refieren a mí, a mi familia, mis amigos y mi entorno. I understand questions and oral expressions that refer to my family, my friends, my environment and me.			
DBA	Comprende la idea principal y los detalles relacionados con actividades, lugares y personas en un texto descriptivo breve a través de palabras y frases familiares. Students understand the main idea and details related to activities, places, and people in a short descriptive text through familiar words and phrases.			
RESULTADO DE APRENDIZAJE ESPERADO	Hablo sobre las causas y soluciones del estrés y expreso emociones. I talk about causes of stress and solutions and express emotions.			

**CONTENIDO
TEORICO**

What Makes You Feel Stressed?

- a. **School pressure:** homework, marks, tests, classmates, teachers
- b. **Parents/Family:** pressure to do well, losing someone, moving to a new home, parents' divorce, new brother or sister
- c. **Social life:** relationships with friends, girlfriend/boyfriend
- d. **Time:** not enough time, doing lots of things at the same time
- e. **Money problems:** parents losing their job, change in lifestyle
- f. **Physical or psychological changes:** smelly feet, sudden mood changes you can't control

**ACTIVIDADES
A
DESARROLLAR**

GUIDE N° 5 : TAKING CARE OF MYSELF AND OF OTHERS

1. Read the e-mail about Cristal and answer the questions. Write full sentences.
Lea el correo electrónico sobre Cristal y responda las preguntas. Escriba frases completas.

From: Cristal@ygf.com

I am so stressed! My parents are getting a divorce and I'm finishing school this year. I can't concentrate when I study and can never finish my homework. I feel too sad to motivate myself. I have a horrible feeling in my stomach all the time and I can't eat. I can't sleep well at night either. I need to pass all my exams. What can I do?



- a) Why is Cristal stressed?

b) How does she feel?

c) What are the symptoms of her stress?



2. Write an email to Cristal giving her advice on how to deal with her stress. You can use the ideas in the Word Bank or your own ideas. **Escriba un correo electrónico a Cristal dándole consejos sobre cómo lidiar con su estrés. Puede utilizar las ideas del Banco de palabras o sus propias ideas.**

My dear friend Cristal,
I know your situation is difficult, but _____

WORD BANK

- Do exercise.
- Do something you enjoy.
- Meditate or pray.
- Organize time effectively.
- Spend time with people who have a positive attitude.
- Talk about your feelings with your parents or someone you trust.
- Develop healthy habits and routines.



3. Answer the questions about yourself taking into account the way your help your relatives. **Responda las preguntas sobre usted teniendo en cuenta la forma en**

que ayuda a sus familiares.

For example:

- I help my younger brother use the computer and do his homework.
- I help my mom to wash the dishes.
- I help my grandfather to learn to use the cell phone.

Por ejemplo:

- Yo ayudo a mi hermano menos a usar el computador y a hacer sus tareas.
- Ayudo a mi mamá a lavar la loza.
- Ayudo a mi abuelo para que aprenda a usar su celular.

a) What do you do to help in your house?

b) How do you help your neighbours?

c) How do you help your friends/Classmates?

4. Make a small poster, in which you write or mention 5 symptoms of stress that you know. Haga un pequeño poster, en el cual escriba o mencione 5 síntomas de estrés que conozca.

Example:

SYMPTOMS OF STRESS



HEADACHES



LOW ENERGY



MUSCLE PAIN



STOMACH ACHE
& ACID REFLUX



INSOMNIA



INCREASED
BREATHING



GRINDING
TEETH



INCREASED
HEART RATE

5. Read the text and answer the questions. **Lee el texto y responde las preguntas.**

Assertive communication is an important social and communication skill. When you learn how to communicate assertively you can express what you need, want, feel or believe, in a calm and positive way. Assertive communicators speak honestly, but they are never aggressive or rude: they always respect other people. This communication skill can reduce conflict, build your self-confidence and improve your relationships. You have to listen actively, speak clearly, express negative feelings in a positive way, stay calm, etc.

La comunicación asertiva es una habilidad social y comunicativa importante. Cuando aprendes a comunicarte asertivamente puedes expresar lo que necesitas, quieres, sientes o crees, de una manera tranquila y positiva. Los comunicadores asertivos hablan con honestidad, pero nunca son agresivos ni groseros: siempre respetan a los demás. Esta habilidad de comunicación puede reducir los conflictos, desarrollar su confianza en sí mismo y mejorar sus relaciones. Hay que escuchar activamente, hablar con claridad, expresar sentimientos negativos de forma positiva, mantener la calma, etc.

a) Circle or underline all the options which are NOT characteristics of assertive communication.

- Expressing what you need, want, feel or believe, in a respectful and positive way.
- Using aggressive or rude words.
- Being honest.
- Being calm.

	<ul style="list-style-type: none"> • Not listening to the other person. • Always saying 'yes' to the other person, even when you want to say 'no'. <p>b) Identify examples of assertive communication. Circle or underline all the options.</p> <ul style="list-style-type: none"> • I'm sorry, but I can't do that. I don't think it is right. • Hey loser, give me my book. • Are you an idiot? Do I have to repeat the same thing again? • Could you please open the window? • Shut up! I'm talking! • I don't want to go to your stupid party.
<p>CRITERIOS DE EVALUACION</p>	<p style="text-align: center;">PARA PRESENTAR LA ACTIVIDAD DEBES TENER EN CUENTA:</p> <p>Fecha de entrega: 07 de Mayo de 2021 Medio de entrega: Google Classroom</p> <p>Puedes trabajar el documento impreso. Realiza la actividad, toma unas buenas fotos (claras y legibles) y envíalas al correo electrónico. En caso de contar con un computador con internet en casa, enviar un email solicitando el documento de trabajo. Después, realiza la actividad y envíala en formato digital.</p> <p style="text-align: center;">No olvides marcar tu documento con tu nombre y curso</p> <p style="text-align: center;">CRITERIOS DE EVALUACIÓN:</p> <ul style="list-style-type: none"> • Comprensión de las estructuras gramaticales básicas del inglés. • Orden de la entrega de las actividades • Cumplimiento con las fechas de entrega. <p style="text-align: center;"><u>NOTA PARA ENVIAR EL TRABAJO LO PUEDE HACER A TRAVES DE CORREO ELECTRONICO TOMANDO UNA FOTO DEL CUADERNO O SUBIRLA A NUESTRA AULA VIRTUAL DE CLASSROOM</u></p>
<p>BIBLIOGRAFIA E INFOGRAFIA</p>	<p>Way to go (book)</p>
<p>DATOS DEL DOCENTE</p>	<p style="text-align: center;">Angélica María Rincón Rodríguez Correo: angelica.rincon@gimnasiograncolombiano.edu.co 3214442442</p>