EXPERIENCING STRESS

CLASS INTRODUCTION

In turn introduce yourself using the following information:

- Name
- Age
- Job
- Place you live
- Hobby
Class Rules

1. Use English only
2. Practice speaking on a topic under the guidance of the teacher
3. Don’t do personal things in the class
2. What causes stress? How does stress affect you?

1. Vocabulary game:
Fill letter(s) in the blank(s) to complete the word(s). Who gets the most corrected words in the shortest time will be the winner.
3. Discuss with your partner the question: How do you relieve stress?

4. Role-play

A: You are feeling stressed about an increase in workload at work. Talk to your friend about it.

B: You’re A’s friend. Talk to A.
Wrap-up

- Context: Experiencing stress.
- Pronunciation: /e/ and /ei/

Find the homework to practice more at home.