



Stress

1. stress
2. stressed
3. worry
4. worried
5. relax
6. relaxed
7. calm down
8. learn English
9. do homework
10. play sports
11. make friends
12. watch the news
13. take an exam
14. talk on the phone
15. make a speech
16. order food
17. rank
18. most / least
19. lots of
20. thing

1. Are you stressed now?

2. Please rank these things from 1 (least stressful) to 10 (most stressful)

Learning English

Taking an exam

Doing Homework

Talking on the phone

Playing sports

Making a speech

Making new friends

Ordering food at a restaurant

Watching the news

Eating with friends

3. What do you worry about?

4. How do you calm down?

5. Where is a relaxing place?

6. Is stress a good thing or a bad thing?

7. What is a job with lots of stress?

8. Do you think stress is sometimes dangerous? Why?