



Stress

1

Look at the picture on pages 20 to 21 of the EMOTIONARY and tick the correct answer.

- What are the two animals doing?
 - Tying knots in each other's trunk.
 - Having a tug of war.
- Who do you think is going to win?
 - The strongest one.
 - The cleverest one.
- What do the animals have to do to win?
 - The members of each team have to try to distract the rival who is pulling.
 - The rivals have to pull in opposite directions.

2

What will happen when one of the animals wins? Draw a picture.



3 Read the definitions of **threaten**. Then write 1 or 2 next to the sentences below.

To threaten

1. To tell someone that you will do something bad to them if they don't do what you want them to do.
2. To show signs that something bad is likely to happen.

- Look at those black clouds! There's a storm threatening!
- Jamie threatened me with his fist.
- The scriptwriters threatened to go on strike.
- When danger threatens, it's best to get away.

4 Read the words from the **threaten** family and write them next to their correct meaning.

to threaten > threat threatening
 threateningly unthreatening

in a threatening way →

not frightening →

a situation that could cause harm

or danger →

showing that something could cause harm

or danger →

5 Why could these situations be threatening? Write your reasons below.

- Starting a new school.

- Having a surprise test at school when you haven't studied the topic.

6 You might feel stressed when what you want to do doesn't fit in with what others want to do. Tick the correct meaning of **fit in**.

- to be compatible with
- to be difficult to plan
- to be impossible

- Now think of a time when you felt stressed because you wanted to do something that didn't fit in with what others wanted.

7 How do you know if you are feeling stressed? Tick the symptoms.

- | | |
|--|--|
| <input type="checkbox"/> You feel nervous. | <input type="checkbox"/> You are afraid. |
| <input type="checkbox"/> You feel furious. | <input type="checkbox"/> You feel impatient. |
| <input type="checkbox"/> You lose your cool. | <input type="checkbox"/> You feel relief. |

8 Read what Hannah and Danny’s mum says below, and answer the questions.

My children want to go to the fair this weekend but I have invited my sister round for supper. Also, I’m feeling tired and don’t really fancy going on the rollercoaster.

Mum

- Do Mum’s interests fit in with her children’s? If not, what is the conflict?

Hannah

Yesterday we went to the fair, but Mum didn’t seem to enjoy it much. She didn’t even want to go on the rollercoaster like she usually does, and she said we had to go home really early.

- Do you think it was a pleasant day out for the family? Why? / Why not?

- How could they have avoided the situation?

9 When do your interests conflict with those of someone in your family? Write down three examples.

- Now think of two different solutions for each of your examples. In one of the solutions, it is you who gives in; in the other solution, it is the other person.

10 Imagine that your friend invites you to play 'Maximum Stress'. Invent the rules of the game.





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NOTES

The EMOTIONARY worksheets belong to the *Say What You Feel* series. For more information on the series, further worksheets and other supplementary materials, please go to www.palabrasaladas.com/f/emo_eng.html