

Class: _____ Name: _____



Unit 9 Stress

* **Listen and write.**

A (TR 64)

- G** Hey, Tim. What's wrong? You look a bit stressed out.
- B** Hey, Sarah. I forgot to turn in my _____ on time. Again.
- G** Cheer up. Next time, you can _____ it _____ on time.
- B** Yeah. It's a bad _____ of mine. I should really try to fix it.
- G** Hmm, why don't you mark your calendar when you have an assignment _____? It'll help you remember.
- B** That's a good idea.
- G** Actually, I have a bad habit that stresses me out too.
- B** What is it?
- G** I stay up late using my _____, then I feel super tired the next day.
- B** How about turning it _____ at night?
- G** All right. I'll try that tonight.

B (TR 65)

- B** Sally, I learned something interesting today.
- G** Hey, Tom. What is it?
- B** I read _____ that there's good stress and bad stress.
- G** Oh? How can stress be good?
- B** Remember when you were so _____ about being in the school play last week?

- G** Oh, yeah. But I actually enjoyed doing it, getting _____ and performing on the _____.
- B** Exactly. That was good stress. It made you work hard and feel good about your _____.
- G** Wow. I get it now.
- B** On the other _____, school exams or problems with your friends can cause bad stress.
- G** That's easy to understand. I hate having _____ with my friends. It's so stressful.

C (TR 66)

- W** Today, we'll talk about what you do to feel better when you're stressed. Will you start, Jim?
- B1** Sure. I read a good book when I'm stressed. I can forget about my problems _____. I'm reading my favorite _____.
- W** OK. What about you, Olivia?
- G** When I feel stressed, I do _____ exercises.
- B1** How do you do that?
- G** I simply take a _____ breath a few times. It helps me relax and _____ better.
- B2** I exercise too when I'm stressed. But I just run around the track or play sports.
- G** How does that help, Ted?
- B2** It feels very _____ after a good _____!
- W** Excellent. Those are all wonderful ways to feel better.

D (TR 67)

- B** For today's presentation, I'd like to talk about animals and stress. Just like humans, animals get _____ too. And of course, stress is bad for them. Playing loud music, _____ their food, or coming home late from school can all stress them out. So, if you have a pet, always check if your pet is happy and _____. Well, how do you know if your pets are under stress? Look for _____ signs. Some dogs start _____ themselves a lot. Some cats may start hiding for a long time. And some birds may bite more than _____. Remember, animals don't talk. So, always pay _____ to your pets' behaviors!