

## Unit 1 Task-Based Activity – Stressful Situations

Starting anything new can be difficult and exciting at the same time. Who remembers their first day of school, their first trip abroad? As well as being exciting it can also be stressful.

### Part A

Students are to look at the photos in the Photo Gallery and consider how stressful each of the situations would be. Complete worksheet

- Starting School
- First Trip Abroad
- Starting University
- Getting Married
- First day in a new job

### Part B

For the top three stressful situations write two reasons why they are particularly stressful.

#### Example Structure

*Our group thinks that **starting university** is the most stressful but most exciting thing because **we are now responsible for our own learning and ourselves.***

Report back to the class

#### Image References

iStock Photos, <http://www.istockphoto.com>

First Day of School, <http://baileyandme2.com/2013/05/22/school-is-out/>, retrieved February 18, 2015

First Day of University, <http://photos.uc.wisc.edu/photos/13947/view>, retrieved February 18, 2015

UAE Passport, <http://listabuzz.com/visa-free-countries-for-citizens-of-united-arab-emirates/>, retrieved February 18, 2015

Wedding Day Jitters, <http://www.timesunion.com/news/article/Do-You-Have-Pre-Wedding-Jitters-2227809.php>, retrieved February 18, 2015

First day new job: <http://it.synergishr.com>

Clipart: <http://cliparts.co>




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# STRESSFUL SITUATIONS!

Starting anything new can be difficult and exciting. Who remembers their first day of school, their first trip abroad? As well as being exciting it can also be stressful.

## Part One: Groups

Look at the gallery. Decide how stressful each of the situations would be. You must all agree on your decision. Then think of two more stressful situations.

Situation	<p style="text-align: center;"><b>Level of Stress</b></p> <p style="text-align: center;">1-----2-----3-----4-----5</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>
Eg. Starting school	<p style="text-align: center;">1-----2-----3-----4-----5</p>
	<p style="text-align: center;">1-----2-----3-----4-----5</p>
	<p style="text-align: center;">1-----2-----3-----4-----5</p>
	<p style="text-align: center;">1-----2-----3-----4-----5</p>
	<p style="text-align: center;">1-----2-----3-----4-----5</p>
Your choice 1:	<p style="text-align: center;">1-----2-----3-----4-----5</p>
Your choice 2:	<p style="text-align: center;">1-----2-----3-----4-----5</p>

## Part Two

Look at your 3 MOST stressful situations. For those three, give TWO reasons why they are very stressful. You can write your answers on the back of this paper.

Then report your ideas back to the class.