



Healthy Minds

Read and Check

ELSA Level: Level 4/5
Activity: Learners expand upon the ideas generated
Time: 30 - 45 minutes
Materials: Results of previous discussion: a student-generated list of signs and sources of stress.
"Here to Help, Wellness Module 2: Stress and Well-Being", available online at:

<http://www.heretohelp.bc.ca/publications/toolkits/wellness2.pdf>

Learning Outcomes:

Learners will be able to:

- Scan a reading for specific information.
- Check and expand on sources and effects of stress generated in previous discussion.

Suggested Approach:

- Download, copy, and distribute the first 2 pages of the Stress and Well-Being module from the link above. (These pages deal with signs of stress and sources of stress).
- Have learners scan the reading in pairs or in groups, and add to the results from the last activity which were recorded on the board, or on flip chart paper (signs and sources of stress).
- Pages 3 and 4 of the Stress and Well-Being module from the link above deal with coping with stress. The text may be too high for some classes both in terms of vocabulary/idioms as well as culturally/conceptually. Instructors can choose to challenge higher level classes with this reading or they can use a simplified version which has been included as an extension reading on pages 17 and 18 of this module.

Vocabulary to pre-teach

Cope/coping	to be "stressed out"	overwhelmed	frequent
accomplish	concentrate/concentrating	overcome	urge