

Завдання для опрацювання:

1. Читати та перекладати тексти.

DEALING WITH EMOTIONS

Dealing with emotions is very importance to your health. It's all very well to say that we must deal with these feelings, but how do we go about doing so, and what exactly is "dealing with our emotions"?

ACCEPT YOUR EMOTIONS

Dealing with our feelings is facing, accepting and working through them. We will always have emotions, so we have to learn to deal with them. If repressed, they will find a way to come out as in depression, anxieties, panic, eating disorders to name but a few.

A lot of the time, people do not want to feel what they are feeling. They may be ashamed or guilty of these feelings, or they just do not like a certain emotion. For example, you start to like your best friend's girl/boyfriend. You don't know how it happened, but you're now stuck in a predicament where you are totally infatuated with your best friend's girl/boyfriend. Automatically, you may try to suppress these feelings. If you ignore them, maybe they'll go away, right? WRONG! The chances are small that your feelings will just leave you; you'll most probably be feeling terrible about yourself, plus, a buildup of pent up emotions leads to stress!

WHAT YOU CAN DO

Confront those emotions that you're trying to ignore. Here's what you might do: keep a diary in which you write down your feelings. This diary is a way for you to think about the stuff that you're made of! By writing down and analyzing your feelings, you become aware of the real reason why you're feeling the way you are, and the emotion becomes less painful. Some questions you could ask yourself when you're writing in your diary are: What am I feeling?

2. Дати відповіді на запитання.

When did it start?

What does it make me want to do?

What were the triggers for this emotion?

What pictures come to mind as I feel it?

Завдання для опрацювання:

1. Speaking and writing

Discuss the following questions, complete the table and then write true sentences about your relations.

1) What causes generation gaps to form?

2) How might today's generation gaps be different from those of your parents' or even your grandparents'?

3) How do generation gaps change / evolve for individuals over time?

4) Can you see a generation gap between yourself and the younger generation?

5) What is it concerning?

6) Do you feel your parents don't understand you because of a generation gap?

You		to solve conflicts
Both of you	Have	to make the right choices
He	Has	to find balance in your relations
She	Want smb	to keep your opinions open
They	Demand(s)	to cultivate positive emotions
		to establish priorities

2. Summary

1) What are the most common needs of youth nowadays?

2) What is it like to be a teenager in your society?

3) Would you rather be a child, teenager or an adult? Why?

4) What are the advantages/disadvantages of being a child/a teenager / an adult?

Завдання для опрацювання:

1.Прочитати текст та вставити пропущені слова.

Listen and fill in the gaps.

Come on everybody. Get up and do something. December the 5th is International Volunteer Day. This (1)... important day was started by the United Nations in 1985. Its (2)... is twofold: first, to thank volunteers around the world for giving their time to help others; and second, to (3)... other people to do voluntary work. Without volunteers, many people around the world would be (4)... off. In fact, the whole world would be a (5)... place. Volunteers help other people and help animals, the countryside, the environment and many (6) ... things that are so important to us. The UN urges governments around the world to (7)... measures to (8)... awareness of the important contribution of volunteering.

There are thousands of volunteer organizations around the world. Some of them are very (9) Perhaps everyone has heard of VSO (Voluntary Services Overseas), the Peace Corps, and Muslim Aid. A search on the Internet will (10)... much give you a volunteer (11) ... on anything or anyone you want to help. You don't need to (12) ... a worldwide group to be a volunteer. Most voluntary work that takes place around the globe is by individuals helping their neighbours. We have probably all (13) ... out of our way to help someone (14)... fortunate. The great thing about voluntary work is that it makes you (15)... like a better person. So please, on this International Volunteer Day, think about how you can help, and (16)... your services.

Key: 1 highly, 2 aim, 3 encourage, 4 worse, 5 darker, 6 more, 7 take, 8 heighten, 9 famous, 10 pretty, 11 group, 12 join, 13 gone, 14 less, 15 feel, 16 offer.