

Unit 4

Why don't you talk to your parents?



Section B1

Section B1
1a ≈ 2e



Review **Giving advice**

I'm a little bit shy. I'm afraid of speaking in front of people. What should I do?



You should be more confident. You should play sports with your friends after class.

**I left my
homework
at home.**



**You should tell it to
your teacher. You
could call your
parents and ask them
to bring it to school.**

Warming up



What's wrong with the girl?

She's too stressed out.

What should she do? Can you give her some advice?



Why not hang out with her friends?



She could play sports.



She could play computer games.



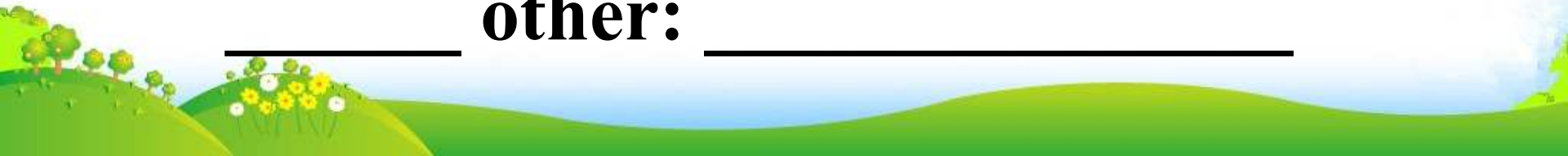
She should listen to music and read some books.

1a

Order the things

What activities do you like to do to help lower your stress? Order them [1- 8] with 1 being the most favorite thing you do to lower stress.

- _____ play sports**
- _____ hang out with friends**
- _____ talk to parents or other
family members**
- _____ spend time alone**
- _____ play computer games**
- _____ read books**
- _____ watch movies**
- _____ other: _____**

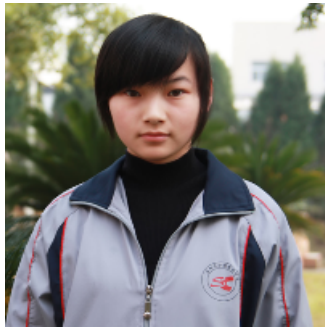


1b

Talking

Tell your partner about your answers in 1a.

I always hang out with my friends to lower stress.



I like to listen to music to lower stress best.

I'd like to play sports when I'm stressed out.



New words

1. **member** *n.* 成员；分子

Jenny is the most active
member in our group.

珍妮是我们小组最活跃成员。



2. **pressure** *n.* 压力（不可数名词）

Never give her a lot of **pressure about school , just encouragement.**

不要给她太多的学习压力，多一些鼓励。



3. **compete** v. 竞争；对抗

compete with 与.....进行竞争

We hope to **compete with** that team.

我们希望与那支队竞争。



1c

Listening



Listen and check the problems Wei Ming talks about.


- My parents give me a lot of pressure about school.**
- I don't get enough sleep.**
- I don't have enough free time.**
- I had a fight with my parents.**
- I have to compete with my classmates at school.**

1d

Listen again. What advice does Alice give to Wei Ming? Fill in the blanks.



1. Although you may be unhappy with your parents, you should talk to them. Ask them why they give you so much pressure.

2. Life shouldn't just be about grades. Free time activities like sports and hanging out with friends are important, too.
3. You shouldn't compete with your classmates to get better grades. You should all be helping each other to improve.
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1e Talking

What is your advice for Wei Ming? Tell your partner and say why.

I think Wei Ming should
more free to play sports
after class.

Health is more important
than grades. Grades isn't
everything after all.

Why?



2a

Check the after-school activities you and your classmates usually do.

_____ **do homework**

_____ **use the Internet**

_____ **have after-school lessons**

_____ **hang out with friends**

_____ **watch movies**

_____ **play sports or exercise**



New words



football

n. 美式足球



soccer ball

英式足球



push

v. 推

opinion *n.* 意见；想法；看法

In my **opinion**, it's better not to go.

以我的看法，还是不去好。



skill *n.* 技巧；技艺

Do you have the **skill** to ski such a difficult slope?

你有沿着这样陡的坡滑雪的技巧吗？



cut out 删除；删去

The editor **cut out** the last paragraph.

编辑将最后一段删掉了。



crazy adj. 不理智的；疯狂的

You must be **crazy** to ride a bike without brakes.

你骑一辆没闸的车，一定是疯了吧。



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