

Unit 4

**Why don't you talk to
your parents?**

Section B



1a 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.

2 play sports

1 hang out with friends

7 talk to parents or other family members

6 spend time alone

4 play computer games

5 read books

3 watch movies

what about you?

1c. 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 _____ complete with your classmates to get better grades. You should all be

_____ helping each other to improve.

Pair Work

**1e. What is your advice for Wei Ming?
Tell your partner and say why.**



A: I think Wei Ming should ...

B: Why?

A: Because ...

2a. Check (✓) the after-school activities you and your classmates usually do.

- do homework**
- have after-school lessons**
- watch movies**
- use the Internet**
- hang out with friends**
- play sports or exercise**

what about you?

2b. Read the article and answer the questions.

- 1. What is the common problem for Chinese and American families ?**
- 2. Who gives their opinions about the problem?**



Guessing the Meaning

When reading something for the first time, do not worry about words you do not know. Use the context to help you guess the meaning.

Maybe You Should Learn to Relax!

These days, Chinese children are sometimes busier on weekends than weekdays because they have to take so many after-school classes. Many of them are learning exam skills so that they can get into a good high school and later a good university. Others are practicing sports so that they can **compete** and win. However, this doesn't only happen in China.




The Taylors are a typical American family. Life for Cathy Taylor's three children is very busy. “On most days after school,” Cathy says, “I take one of my two boys to basketball practice and my daughter to football **training. Then I have to take my other son to piano lessons. Maybe I could cut out a few of their activities, but I believe these activities are important for my children's future. I really want them to be successful.” However, the**



tired children don't get home until after 7:00 p.m. They have a quick dinner, and then it's time for homework.

Linda Miller, a mother of three, knows all about such **stress**. “In some families, competition starts very young and **continues** until the kids get older,” she says. “Mothers send their small kids to all kinds of classes. And they are always **comparing** them with other children. It's crazy. I don't think that's



**fair. Why don't they just let their kids be kids?
People shouldn't push their kids so hard**

Doctors say too much pressure is not good for a child's **development. Dr. Alice Green says all these activities can cause a lot of stress for children. “Kids should have time to relax and think for themselves, too. Although it's normal to want successful children, it's even more important to have happy children.”**



**2c Look at the words in bold in the article.
Can you guess their meanings? Try to
match them with the meanings below.**

1. Keeps on happening continue
2. Physical exercise and practice of skills training
3. Worries about things at home, school or
work stress
4. Usual or common typical

5. Try to be the best or the first to finish

something complete

6. Getting better or bigger development

7. Looking for differences and similarities

between things comparing



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