

平興國小 107 學年度上學期五年級綜合英語沉浸課程 **Worksheet**

Date : 2018.10/11(Thurs.), 10/15(Mon.), 10/16(Tues.), 10/17(Wed.)

Unit 2: The Power of Positive Thinking (正向思考的力量)

Topic: Relieve the Stress (作伙來抒壓)

Class 3 of Unit 2



Class(班級): Number(座號): Name(姓名):

【Part A】

There are 15 ways to relieve stress on video. Choose your favorite way and write it down.(從 15 種影片上的抒壓方法中，寫下一種你最喜歡的方法)

My favorite way to relieve stress is to _____

【Part B】

Do you know how to relax? Let's experience and find out which ways to relieve stress are helpful to you. Make a check !(你知道如何放鬆嗎? 體驗下列四種方法後，勾選你認為每種方法對你的幫助程度。)

Way to relieve stress	Very Helpful ★★★ (非常有幫助)	A little Helpful ★☆☆ (有一點幫助)	Not Helpful ☆☆☆ (沒有幫助)
Yoga Breathing (瑜珈呼吸法)			
Listen to stress relieving music (聆聽抒壓音樂)			
Watch a funny video (觀賞搞笑影片)			
Use your nose (善用鼻子)			

【Part C】

What is the most helpful way to relieve stress? Fill in the blank.(你認為最棒的抒壓方法是哪一種? 在空格中，寫下答案。)

The most helpful way to relieve stress is to _____

