



# 平興國小107學年度上學期 五年級綜合英語沉浸課程

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: Let's relieve the stress!**  
**(作伙來抒壓)**

Class 3 of Unit 2

# *15 Science-Backed Ways to Relieve Stress Right Now!*

Δ Watch the video.

Δ Write down your favorite way on your worksheet.





*Let's relieve the stress.*

1. Eat something or chew gum.
2. Do some yoga.
3. Meditate.
4. Walk away from the computer.
5. Cuddle something.



*Let's relieve the stress.*

6. Listen to some stress relieving music.

7. Watch a funny video.

8. Try progressive muscle relaxation.

9. Turn your freaking phone off.

10. Hop off Facebook from a week.



*Let's relieve the stress.*

11. Go for a walk.
12. Use your nose.
13. Take Vitamin C.
14. Write your feels.
15. Take a cat nap.

*Let's experience.*

## Yoga Beathing



*Let's experience.*

## Stress Relieving Music



*Let's experience.*

Funny Video







## *Let's relieve your stress!*

1. There's always a good way to relieve stress for everyone.
2. When you are under pressure, try to relax.
3. You will be happy and healthy!

**DON'T WORRY,  
BE HAPPY!**



~The End~