



## Worksheet

Name :

Subject:

U 6 Lesson 5A

Class:

12<sup>th</sup> grade

Date:

### PART 1: PRONUNCIATION – FALLING INTONATION

When we make **observations** and then add a contrasting idea, we:

- Use **falling intonation** at the end of the **first clause**
- Pause slightly
- Continue with the second idea

#### Example Sentences

1. **It sounds good in theory**, but in practice I can't see it working.
2. **The idea has a lot going for it**, but there are too many negatives for me.
3. **It's a perfectly reasonable idea**, but I don't think anyone will accept it.
4. **It sounds a pretty half-baked theory to me**, but I imagine a lot of people will go for it.

### PART 2: SPEAKING – EVALUATING IDEAS

We use these phrases to agree, disagree, or evaluate ideas.

Phrase	Arabic Meaning	Synonym / Similar Expression
There's a lot to be said for...	هناك الكثير مما يقال لصالح...	There are many advantages to...
That's all very well, but what if...	هذا جيد، لكن ماذا لو...	That may be true, however...
It sounds a pretty half-baked theory to me.	تبعد نظرية غير ناضجة/غير مدرسة	It sounds poorly thought out
It has a lot going for it.	لديه نقاط إيجابية كثيرة	It has many strong points
I don't think they've thought this through.	لا أعتقد أنهم فكروا في الأمر جيداً	It isn't well planned
I think this idea has legs.	أعتقد أن هذه الفكرة قابلة للنجاح	This idea could succeed
It doesn't go far enough.	لا يذهب بعيداً بما فيه الكفاية	It's not strong enough
It sounds good in theory.	بيدو جيداً من الناحية النظرية	Theoretically, it's good
It's a perfectly reasonable idea.	إنها فكرة منطقية تماماً	It's a sensible idea
I take issue with some of the claims, namely...	أختلف مع بعض الادعاءات، وهي...	I disagree with...

### PART 3: VOCABULARY – STRESS TOPIC

Word / Phrase	Arabic	Synonym
stress	ضغط نفسي	tension
survey	استبيان	questionnaire
a whopping 85%	نسبة ضخمة (85%)	an extremely large number

admit	يُعترف	confess
on a regular basis	بشكل منتظم	frequently
background	خلفية	personal history
optimistic	متفائل	positive
unaffected	غير متأثر	untouched
pointers	نصائح / إرشادات	tips
prevent	يمنع	stop
raging	يشتعل / يثور	out of control
stress-busters	وسائل تخفيف التوتر	relaxation activities
distract	يلهي	take attention away
stressful	مُسبب للتوتر	pressure-filled

## PART 4: DISCUSSION QUESTIONS

### Q1

**Do you think there are occasions when talking about stress helps sufferers, or is it always better to do activities to distract yourself from it? Say why.**

هل تعتقد أن هناك مواقف يساعد فيها التحدث عن التوتر الأشخاص، أم القيام بأنشطة لإلهاء النفس أفضل دائمًا؟ وضح السبب.

### Q2

**Life is said to be getting more and more stressful for people. How far would you agree? Say why.**

يُقال إن الحياة تصبح أكثر توتراً للناس. إلى أي مدى توافق؟ وضح السبب.

Think about:

adolescents — المراهقون

children — الأطفال

middle-aged people — متوسطو العمر

parents — الآباء

retired and elderly — المتقاعدون وكبار السن

young adults — الشباب البالغون

### Q3 (After Reading)

**Have you got any pointers on how to prevent your inner self from raging?**

هل لديك نصائح لمنع نفسك من الانفجار من الداخل؟

**Any stress-busters you'd suggest that can help distract us from feeling stressed out?**

هل تقترح وسائل لتخفيض التوتر تساعدنا على الإلهاء عن الشعور بالضغط؟

### Q4 (Listening)

1. **Which activities do the people mention?**  
ما الأنشطة التي ذكرها الأشخاص؟
2. **What reasons do they give for and against doing these activities?**  
ما الأسباب التي ذكروها مع وضد هذه الأنشطة؟
3. **Which person do you think you are most similar to? Say why.**  
أي شخص تعتقد أنك تشبهه أكثر؟ ولماذا؟

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1. When do we use falling intonation in these sentences?

- A. To show excitement
- B. To introduce a question
- C. To make an observation before contrasting it
- D. To show anger

2. What does the phrase “It sounds good in theory” usually suggest?

- A. The idea is perfect
- B. The idea works well in real life
- C. The idea may not work in practice
- D. The idea is already successful

3. If someone says, “The idea has a lot going for it,” they mean:

- A. The idea is very expensive
- B. The idea has many advantages
- C. The idea is confusing
- D. The idea is impossible

4. “It sounds a pretty half-baked theory” means the idea is:

- A. Well developed
- B. Creative
- C. Not fully thought out
- D. Scientifically proven

5. What does “This idea has legs” suggest?

- A. The idea is strange
- B. The idea could be successful
- C. The idea is funny
- D. The idea is weak

6. According to the survey, how many people experience stress regularly?

- A. 25%
- B. 50%
- C. 70%
- D. 85%

7. Which group is mentioned as possibly being affected by stress?

- A. Only students
- B. Only workers
- C. People of all ages and backgrounds
- D. Only elderly people

8. What does the word “optimistic” mean?

- A. Nervous
- B. Positive about the future
- C. Angry
- D. Confused

9. What is the purpose of “stress-busters”?

- A. To increase stress
- B. To distract people from stress
- C. To study stress
- D. To ignore problems

10. What does the article ask readers to share?

- A. Their school marks
- B. Their travel plans
- C. Tips to prevent stress
- D. Their favorite movies

11. Talking about stress may help sufferers because it can:

- A. Make stress worse
- B. Help them feel supported
- C. Waste time
- D. Make them tired

12. The phrase “Life is getting more stressful” suggests that life is becoming:

- A. Easier
- B. More relaxed
- C. More pressured
- D. More boring

13. Which of the following is a stress-busting activity?

- A. Arguing with people
- B. Doing relaxing activities
- C. Studying all night
- D. Skipping sleep

14. If someone says, “It doesn’t go far enough,” they mean:

- A. The idea is too strong
- B. The idea is not effective enough
- C. The idea is dangerous
- D. The idea is exciting

15. What is the main topic of the lesson?

- A. Technology problems
- B. Evaluating ideas about stress
- C. Travel experiences
- D. School rules

## Answer Key

- 1. C
- 2. C
- 3. B
- 4. C
- 5. B
- 6. D
- 7. C
- 8. B
- 9. B
- 10. C
- 11. B
- 12. C
- 13. B
- 14. B
- 15. B

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