

LESSON PLAN

OCTOBER, 2018

Anxiety Speaks

JUST
ENGLISH



Vol.15 Issue 6

THE FOURTH INDUSTRIAL REVOLUTION

B2

INTERMEDIATE

Stages	Procedure	Time
Objectives	<ol style="list-style-type: none"> 1. To practice <ol style="list-style-type: none"> a. predicting content of the text b. skimming and scanning for details c. identifying word meaning in context 	
Warmer	<ol style="list-style-type: none"> 1. Teacher writes the following idioms on the board and asks students what they can see in common in the idioms – expected answer – all are to express sadness <ul style="list-style-type: none"> - down in the dumps - feeling blue - black dog - face like a wet weekend 2. Elicit for responses before revealing answer 	3 mins
Pre-reading	<ol style="list-style-type: none"> 1. Next, teacher gets students to turn to page 19. 2. Get students to skim through the two paragraphs 3. Ask students what they think the article is going to discuss. Elicit responses. 4. Note: the key guide to prediction is the last line of the second paragraph. <i>'Here are some thoughts that could be going through the minds of those of us who suffer from anxiety'</i>. 	5 mins
While-Reading	<ol style="list-style-type: none"> 1. Distribute Task 1 – get students to work with their partners. 2. Read the statements and decide if they are 'true' or 'false'. Students need to look for evidence from the article to support their answers. 3. Teacher elicits and confirms answers. 4. Teacher then continues with task 2. 5. Students continue to work in pairs to complete the vocabulary exercise. 6. Teacher elicits and confirms answers. 	15 mins
Post reading	<ol style="list-style-type: none"> 1. Next, teacher can get students to do a quick test on depression. 2. Teacher can use task 3 or other relevant tests. Tell students that they should keep their results confidential. 3. Teacher can encourage students to seek for counselling (from school or other professionals) if they need help. 4. For the remaining time, teacher can put students into small groups to brainstorm ways to overcome anxiety and stress. 5. Teacher gets groups to share their ideas. 	15 mins
Wrap	<ol style="list-style-type: none"> 1. Teacher summarises discussion and wraps up lesson. 	2 mins

TASK 1

Read the statements below. Write 'T' for statements that are TRUE and 'F' for statements that are FALSE. Next, look for details from the article to support your answers.

1	A person who has extreme fear to something might be suffering anxiety disorder.
	Evidence:
2	Those who suffer anxiety may react differently to situations from others.
	Evidence:
3	We should advise a person who suffers anxiety not to over think.
	Evidence:
4	There is no glimpse of positivity in the life of a person with anxiety disorder.
	Evidence:
5	People with anxiety disorder are always fearful.
	Evidence:
6	Compliment does not help boost a person's confidence if he or she has anxiety disorder.
	Evidence:
7	When a person suffers anxiety, he sees himself as powerful and faultless.
	Evidence:
8	Those who suffer anxiety are over sensitive to how others perceive them.
	Evidence:

TASK 2

Read each excerpt taken from the article and answer the vocabulary question that follows.

1.	‘No matter what form it takes, people with anxiety suffer from being drowned by feelings of worry and anxiousness.’
	Which phrase from the above excerpt means “strongly affected emotionally”?
2.	‘Anxiety changes the way you speak and act. Hence, many people who suffer from this constant ordeal have trouble making others understand them.’
	Which phrase from the above excerpt means “continuous painful experience”?
3.	“That sentence acts as a magnifying glass that enlarges the problem in our heads. One moment that worry is as small as a mouse and the next it will turn into a gigantic tsunami.”
	Which three words from the above excerpt associate with the word ‘big’?
4.	“In our eyes, the world is either black or white. Yes, there will be days that are colourful but most of the time, a colourful day only lasts for a moment.”
	Which phrase from the excerpt above means “continue just for a short period of time”?
5.	“Our self-esteem is like a speck of dust. It is tiny. Even if we are told that we are really good at something, it will never be enough to prove to ourselves that we are just as how you see us to be.”
	What does ‘a speck of dust’ mean?
6.	“Some of us may constantly feel that we need to be capable of many things. We tend to feel intimidated by the fact that we are so powerless.”
	Find a word from the above that means “efficient”.

TASK 3

Weekly Depression Test

(Adapted from Burn's Depression Checklist)

Instructions: Read the statements below and indicate how much you have experienced each symptom during the past week, including today. Answer all 25 items.

0 = Not at all

2 = Fairly

4 = Extremely

1 = A bit only

3 = A lot

Symptoms		
Thoughts and Feelings		Score
1	Feeling sad or down in the dumps	
2	Feeling unhappy or blue	
3	Crying over nothing at all or about small things	
4	Feeling discouraged	
5	Feeling hopeless	
6	Low self-esteem	
7	Feeling useless or powerless	
8	Feeling guilty or shameful	
9	Criticising yourself or blaming others	
10	Difficulty making decision	
Activities and Personal Relationships		
11	Loss of interest in family or friends	
12	Loneliness	
13	Spending less time with family or friends	
14	Loss motivation	
15	Loss of interest in work or other activities	
16	Avoiding work or other activities	
17	Loss of pleasure or satisfaction in life	
Physical Symptoms		
18	Feeling tired	
19	Difficulty sleeping or sleeping too much	
20	Decreased or increased appetite to eat	
21	Loss of interest to do the things you like	
22	Worrying about your health	
Suicidal Urges		
23	Do you have any suicidal thoughts?	
24	Would you like to end your life?	
25	Do you have a plan for harming yourself?	
Please total your score on Items 1 – 25 here:		

Total Score	Level of Depression
No Depression	0 – 5
Normal but unhappy	6 – 10
Mild depression	11 – 25
Moderate depression	26 – 50
Severe depression	51 – 75
Extreme depression	76 – 100

ANSWERS

Task 1

1. T – Anxiety takes many forms, from phobia to panic disorder
2. T – Anxiety changes the way you speak and act
3. F – The more we are being told not to think about it, the more we will dwell on that incident
4. F – Yes, there will be days that are colourful but most of the time, a colourful day only lasts for a moment
5. T – Believe it or not, we will always be scared
6. T – Even if we are told that we are really good at something, it will never be enough to prove ourselves that we are just as how you see us to be
7. F – We tend to feel intimidated by the fact that we are so powerless – we will try our best to cover up those flaws by doing too much
8. T – We are very conscious of how others think of us because we have low confidence in ourselves

Task 2

1. drowned by feelings
2. constant ordeal
3. magnifying, enlarges, gigantic
4. (only) lasts for a moment
5. Tiny or very small
6. capable