

# NEWS ENGLISH LESSONS.com

## Health resort for stressed 5-year-olds

**MANY FLASH AND ONLINE ACTIVITIES FOR THIS LESSON, PLUS A LISTENING, AT:**

[http://www.NewsEnglishLessons.com/1205/120505-health\\_resort.html](http://www.NewsEnglishLessons.com/1205/120505-health_resort.html)

### IN THIS LESSON:

|                                   |           |
|-----------------------------------|-----------|
| <b>The Reading / Tapescript</b>   | <b>2</b>  |
| <b>Phrase Match</b>               | <b>3</b>  |
| <b>Listening Gap Fill</b>         | <b>4</b>  |
| <b>Multiple Choice</b>            | <b>5</b>  |
| <b>Spelling</b>                   | <b>6</b>  |
| <b>Put the Text Back Together</b> | <b>7</b>  |
| <b>Scrambled Sentences</b>        | <b>8</b>  |
| <b>Discussion</b>                 | <b>9</b>  |
| <b>Writing</b>                    | <b>10</b> |
| <b>Homework</b>                   | <b>11</b> |

**ALL ANSWERS ARE IN THE TEXT ON PAGE 2.**

**5th May, 2012**

# THE READING / TAPESCRIPT

From: [http://www.NewsEnglishLessons.com/1205/120505-health\\_resort.html](http://www.NewsEnglishLessons.com/1205/120505-health_resort.html)

At last, stressed kindergarten children have somewhere to go to get unstressed. Researchers in Germany have created a special “health resort” for 5-year-olds. Children feeling the pressure of life can de-stress with special massages and foot baths. They can also walk through wet grass without shoes and socks to get a feel for nature. Other therapies include skipping and lying quietly while thinking of their favourite things. The kindergarten has seen a 60 per cent reduction in children catching a cold.

The researchers say they were worried about adult pressures passing on to children. Youngsters are very sensitive and easily pick up on their parents’ feelings. They are also learning to worry about things like money from a very young age. A spokeswoman for the project, Sylvia Gross, 49, said children also have hectic timetables, which increases their stress levels. She said: “Much is required from children today. They rush from one appointment to the next without barely a chance to breathe.”

# PHRASE MATCH

From: [http://www.NewsEnglishLessons.com/1205/120505-health\\_resort.html](http://www.NewsEnglishLessons.com/1205/120505-health_resort.html)

**Match the following phrases from the article.**

## Paragraph 1

- |                            |              |
|----------------------------|--------------|
| 1. children have somewhere | a. reduction |
| 2. feeling the pressure    | b. wet grass |
| 3. walk through            | c. quietly   |
| 4. lying                   | d. a cold    |
| 5. a 60 per cent           | e. of life   |
| 6. catching                | f. to go     |

## Paragraph 2

- |                              |                      |
|------------------------------|----------------------|
| 1. worried about adult       | a. very young age    |
| 2. easily pick up on their   | b. to the next       |
| 3. from a                    | c. pressures         |
| 4. increases their           | d. to breathe        |
| 5. rush from one appointment | e. stress levels     |
| 6. barely a chance           | f. parents' feelings |

# LISTENING GAP FILL

From: [http://www.NewsEnglishLessons.com/1205/120505-health\\_resort.html](http://www.NewsEnglishLessons.com/1205/120505-health_resort.html)

At last, stressed kindergarten children have somewhere to go \_\_\_\_\_ . Researchers in Germany have created a special "health resort" for 5-year-olds. Children feeling the \_\_\_\_\_ can de-stress with special massages and foot baths. They can also walk \_\_\_\_\_ without shoes and socks to \_\_\_\_\_ nature. Other therapies include skipping and \_\_\_\_\_ thinking of their favourite things. The kindergarten has seen a 60 per cent reduction in children \_\_\_\_\_ .

The researchers say they were worried \_\_\_\_\_ passing on to children. Youngsters are very \_\_\_\_\_ pick up on their parents' feelings. They are also \_\_\_\_\_ about things like money from a very young age. A spokeswoman for the project, Sylvia Gross, 49, said children also have \_\_\_\_\_, which increases their stress levels. She said: " \_\_\_\_\_ from children today. They rush from one appointment to the next without \_\_\_\_\_ to breathe."

# MULTIPLE CHOICE

From: [http://www.NewsEnglishLessons.com/1205/120505-health\\_resort.html](http://www.NewsEnglishLessons.com/1205/120505-health_resort.html)

At last, stressed kindergarten children have somewhere to go to (1) \_\_\_\_\_ unstressed. Researchers in Germany have created a special "health resort" for 5-year-olds. Children (2) \_\_\_\_\_ the pressure of life can de-stress with special massages and foot baths. They can also walk through (3) \_\_\_\_\_ grass without shoes and socks to get a feel (4) \_\_\_\_\_ nature. Other therapies include skipping and lying quietly (5) \_\_\_\_\_ thinking of their favourite things. The kindergarten has seen a 60 per cent reduction (6) \_\_\_\_\_ children catching a cold.

The researchers say they were worried about adult pressures (7) \_\_\_\_\_ on to children. Youngsters are very sensitive and easily pick (8) \_\_\_\_\_ on their parents' feelings. They are also learning to worry about things (9) \_\_\_\_\_ money from a very young age. A spokeswoman for the project, Sylvia Gross, 49, said children also have (10) \_\_\_\_\_ timetables, which increases their stress levels. She said: "(11) \_\_\_\_\_ is required from children today. They rush from one appointment to the next without (12) \_\_\_\_\_ a chance to breathe."

## Put the correct words from this table into the article.

- |     |             |               |             |
|-----|-------------|---------------|-------------|
| 1.  | (a) let     | (b) set       | (c) get     |
| 2.  | (a) feeling | (b) failing   | (c) falling |
| 3.  | (a) rain    | (b) wet       | (c) tepid   |
| 4.  | (a) for     | (b) by        | (c) as      |
| 5.  | (a) whose   | (b) whichever | (c) while   |
| 6.  | (a) on      | (b) in        | (c) up      |
| 7.  | (a) coming  | (b) heading   | (c) passing |
| 8.  | (a) down    | (b) up        | (c) along   |
| 9.  | (a) like    | (b) hate      | (c) similar |
| 10. | (a) attic   | (b) arctic    | (c) hectic  |
| 11. | (a) Much    | (b) Most      | (c) Many    |
| 12. | (a) beastly | (b) barely    | (c) lastly  |

# SPELLING

From: [http://www.NewsEnglishLessons.com/1205/120505-health\\_resort.html](http://www.NewsEnglishLessons.com/1205/120505-health_resort.html)

**Spell the jumbled words (from the text) correctly.**

## Paragraph 1

1. eakgnirtdnre children
2. get ssrsudtnee
3. feeling the uerepsr
4. special assemsga
5. lying qyuteil
6. iangtchc a cold

## Paragraph 2

7. very eiintesvs
8. their parents' geslefin
9. spokeswoman for the pejtcor
10. ecihtc timetables
11. Much is reiuqder
12. a chance to beatrhe

# PUT THE TEXT BACK TOGETHER

From: [http://www.NewsEnglishLessons.com/1205/120505-health\\_resort.html](http://www.NewsEnglishLessons.com/1205/120505-health_resort.html)

## Number these lines in the correct order.

- ( ) pressure of life can de-stress with special massages and foot baths. They can also walk through wet
- ( ) skipping and lying quietly while thinking of their favourite things. The kindergarten has
- ( ) seen a 60 per cent reduction in children catching a cold.
- ( ) from one appointment to the next without barely a chance to breathe.”
- ( ) unstressed. Researchers in Germany have created a special “health resort” for 5-year-olds. Children feeling the
- ( ) increases their stress levels. She said: “Much is required from children today. They rush
- ( ) on to children. Youngsters are very sensitive and easily pick up on their parents’
- ( **1** ) At last, stressed kindergarten children have somewhere to go to get
- ( ) grass without shoes and socks to get a feel for nature. Other therapies include
- ( ) The researchers say they were worried about adult pressures passing
- ( ) feelings. They are also learning to worry about things like money from a very
- ( ) young age. A spokeswoman for the project, Sylvia Gross, 49, said children also have hectic timetables, which

# THE READING / TAPESCRIPT

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**With a partner, put the words back into the correct order.**

1. go to somewhere have children kindergarten Stressed.

---

2. of life can de-stress Children feeling the pressure.

---

3. socks grass without Walk shoes through and wet.

---

4. while things thinking of Lying their quietly favourite.

---

5. a A reduction catching % children cold 60 in.

---

6. Worried on about to adult children pressures passing.

---

7. Easily feelings parents' their on up pick.

---

8. things about worry to Learning money like.

---

9. required children is from today Much.

---

10. next one appointment They to rush the from.

---

## **DISCUSSION (Write your own questions)**

### **STUDENT A's QUESTIONS (Do not show these to student B)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## **DISCUSSION (Write your own questions)**

### **STUDENT B's QUESTIONS (Do not show these to student A)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_



# HOMEWORK

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. STRESS:** Search the Internet and find more information about stress. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about the health resort for kids. Include an imaginary interview with the project leader and a stressed kid. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**4. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**5. LETTER:** Write a letter to a stress expert. Ask him/her three questions about stress. Give him/her three of your opinions on it. Read what you wrote to your classmates in the next lesson. Your partner will answer the questions you asked.