



My English Class

Objectifs



Vous allez :

- apprendre l'anglais d'une manière amusante, originale et toute en douceur.
- Apprendre à gérer mon stress, mes émotions.
- Découvrir une pratique sportive et corporelle utilisée par des adolescents pour se détendre.
- Revoir :
 - should (auxiliaire modal)
 - présent simple

Recommandations



- Le cours sera en anglais sauf pour la partie OBJECTIFS, GRAMMAIRE et ON FAIT LE BILAN.
- Répéter les mots !
- Recopier les mots dans votre cahier quand vous voyez **COPY**.
- Retrouver le cours sur le site France 4 ou revoir l'émission en "REPLAY".

What will you need for today's lesson?



There are 6 steps in this lesson

- your copy book and pen
- wear comfortable clothes (T-shirt and jogging suit or leggings or a short)





**KEEP
CALM
AND
REDUCE
STRESS**



Step 1 - Definition



body
reaction
brain
reaction
at work
at home
positive
at school
negative

- Stress is how the body and brain react to changes at school, at work, in life or when there is a traumatic event.
- Stress can be positive and negative .

Step 2 -
How do you feel
when you are
stressed?

never/rarely/
sometimes/ often/
always



Sad



Mad



Happy



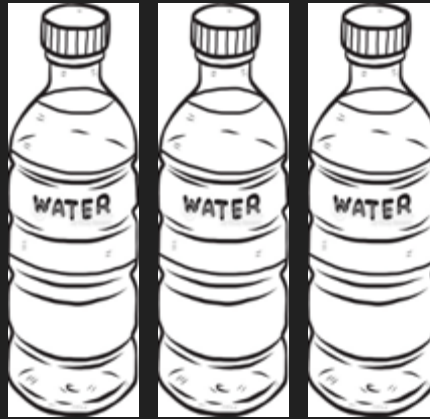
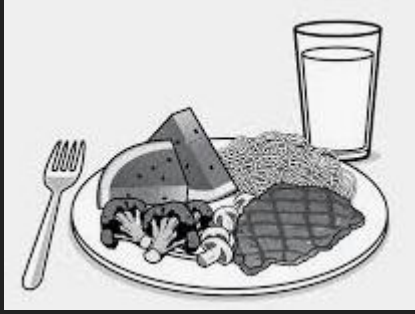
Calm



Scared



Tired



Step 3 - 5 tips to relieve stress





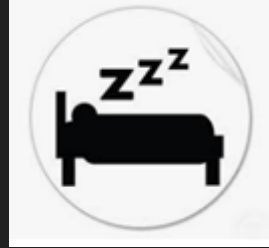
Récapitulatif grammatical



Copy!

➤ SHOULD - auxiliaire modal
(conseil) - invariable
- toujours suivi d'une base
verbale.

Ex: I should....



➤ Les adverbes de fréquence (always...) se placent avant le verbe.

Ex: I always feel mad when I am stressed.

Step 4

Oral Comprehension (part 1)

Yoga Basics - Yoga for kids and teens

Consigne

Watch the video and answer the questions when it stops

OK



The girls are
American teenagers.

They are talking
about the benefits
of yoga .

Le présent
simple

COPY!

- It helps you focus
and relax.
- It is good for your
mind and spirit.
- It relieves stress.

Step 4

Oral Comprehension (part 2)

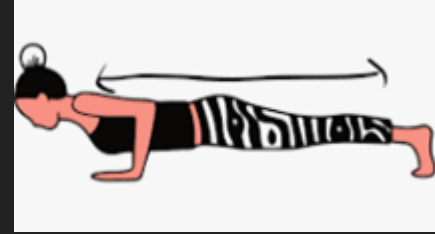
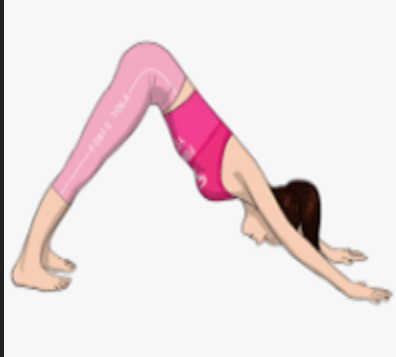
Yoga Basics - Yoga for kids and teens

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OK

Step 5 - Basic yoga poses

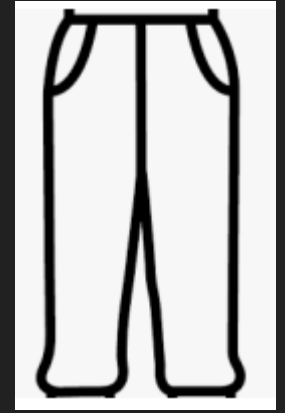


1. Mountain Pose
2. Downward dog
3. High plank

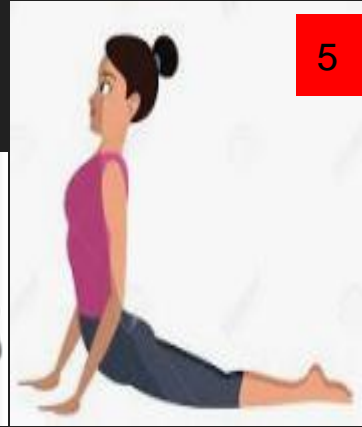
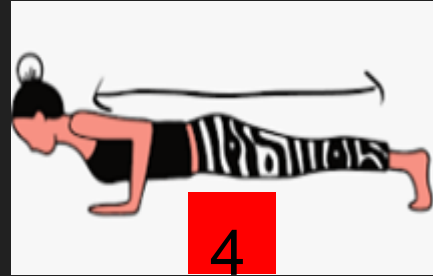
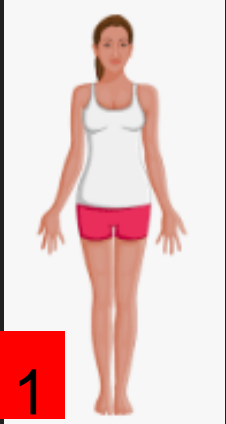
4. Push up
5. Cobra Pose

Step 6 - Yoga practice

- do this at home
- wear comfortable clothes
- take off your shoes and socks
- make some room to do the moves safely



Step 7 -Yoga routine

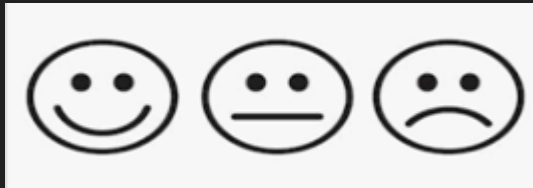


On fait le bilan



Ce j'ai appris:

- comment gérer mon stress et identifier mes émotions.
- comment utiliser l'auxiliaire modal SHOULD, le présent simple.
- comment les adolescents pratiquent le Yoga.
- quelques positions de yoga pour réguler mon stress.

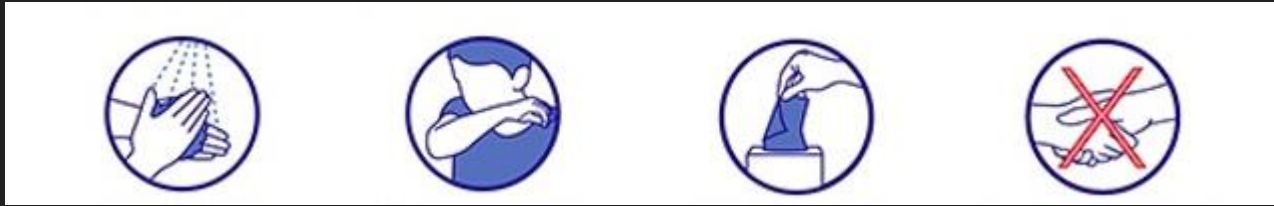


Pour aller un peu plus loin:

- Pour travailler la grammaire
https://www.englisch-hilfen.de/en/exercises_list/alle_grammar.htm
- Pour explorer le yoga
https://www.momjunction.com/articles/benefits-of-yoga-for-your-teenager_0094957/



To protect yourself and protect others





Good Bye