

LISTEN A MINUTE.com

Mental Health

http://www.listenAminute.com/mental_health.html



One minute a day is all you need to improve your listening skills.
Focus on new words, grammar and pronunciation in this short text.
Doing the online activities, discussion, survey and writing will help.
Listen many times – enough for you to you understand everything.

Follow me: <http://twitter.com/SeanBanville>

 **THE LISTENING TAPESCRIPT**

From: http://www.listenAminute.com/mental_health.html

I sometimes worry about my mental health. There are times when I think I'm going crazy. I think it's because of this world we live in. Everything is so fast. Everyone is in a hurry. Everything has to be done yesterday. I'm sure life wasn't so stressful a hundred years ago. Then, people's mental health was probably better. The only good thing nowadays is that there are mental health specialists who can help us when we are in trouble. But, there is a problem with these experts. They keep on thinking up new mental health problems we suffer from. What we all need is to take a step back and slow down. That will be good for our mental health. We need to laugh more and care more. If we don't do this, we'll all have mental health problems.



LISTENING GAP FILL

From: http://www.listenAminute.com/mental_health.html

I sometimes _____ mental health. There are times when I think I'm going crazy. I think it's because of _____ in. Everything is so fast. Everyone is in a hurry. Everything _____ yesterday. I'm sure life wasn't so stressful a hundred years ago. Then, people's mental health _____. The only good thing nowadays is that there are mental health specialists who can help us when _____. But, there is a problem with these experts. They keep on thinking up new mental health problems _____. What we all need is to take a step back and slow down. That will _____ mental health. We need to laugh more and care more. If _____, we'll all have mental health problems.

CORRECT THE SPELLING

From: http://www.listenAminute.com/mental_health.html

I sometimes worry about my mental health. There are times when I think I'm going yczra. I think it's because of this world we live in. Everything is so fast. Everyone is in a ryruh. Everything has to be done yesterday. I'm sure life wasn't so esrlustsf a hundred years ago. Then, people's mental health was rlbybopa better. The only good thing awdonasy is that there are mental health specialists who can help us when we are in tborlue. But, there is a problem with these esrexpt. They keep on hnintgki up new mental health problems we rsefuf from. What we all need is to take a step back and slow down. That will be good for our mental health. We need to alugh more and care more. If we don't do this, we'll all have mental health problems.

UNJUMBLE THE WORDS

From: http://www.listenAminute.com/mental_health.html

I sometimes health mental my about worry. There are times when I think I'm going crazy. I think it's because of this world we live in. Everything is so fast. Everyone is in a hurry. to has Everything yesterday done be. I'm sure life ago so a years wasn't stressful hundred. Then, people's mental health was probably better. The only good nowadays that are thing is there mental health specialists who can help us when we are in trouble. But, these there a with experts is problem. They keep on thinking up new we problems health mental from suffer. What we all need is to back slow take step and down a. That health mental our for good be will. We need to laugh more and care more. If we don't do this, we'll all have mental health problems.



 **DISCUSSION** (Write your own questions)

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

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Copyright © www.listenAminute.com



 **DISCUSSION** (Write your own questions)

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

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

STUDENT MENTAL HEALTH SURVEY

From: http://www.listenAminute.com/mental_health.html

Write five GOOD questions about mental health in the table. Do this in pairs. Each student must write the questions on his / her own paper.
When you have finished, interview other students. Write down their answers.

| | STUDENT 1 _____ | STUDENT 2 _____ | STUDENT 3 _____ |
|------|--------------------|--------------------|--------------------|
| Q.1. | | | |
| Q.2. | | | |
| Q.3. | | | |
| Q.4. | | | |
| Q.5. | | | |

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

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. INTERNET INFO: Search the Internet and find more information about mental health. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about mental health. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. MENTAL HEALTH POSTER Make a poster about mental health. Show it to your classmates in the next lesson. Give each other feedback on your posters.

5. MY MENTAL HEALTH LESSON: Make your own English lesson on mental health. Make sure there is a good mix of things to do. Find some good online activities. Teach the class / another group when you have finished.

6. ONLINE SHARING: Use your blog, wiki, Facebook page, MySpace page, Twitter stream, Del-icio-us / StumbleUpon account, or any other social media tool to get opinions on mental health. Share your findings with the class.

