

(初二)

2020TEENS报刊课
第28期 (上)

陈叶叶 福建省厦门双十中学思明分校



21st Century

TEENS *Junior*¹

第28/688期初二课件

福建省厦门双十中学思明分校 陈叶叶

Do you like the **front page**?



Words in use

1. be **homebound** = be stuck at home
= be unable to leave home

2. **stay strong**
= stay **healthy** and **positive**

physical health



mental health



Pre-reading

Taking good care of your mind

心理防“疫”不容忽视。

词数 240 测试见V版
建议阅读时间 7分钟

1 Wearing a mask while sleeping at home sounds a little crazy. But Wu Keying did so during the novel coronavirus outbreak. “I feared that I would be infected. Now I know it’s not necessary to do so. But I am still worried about when the epidemic will end,” said the 13-year-old from Chengdu, Sichuan province. Being stuck inside makes her feel anxious.

2 In fact, many people have experienced feelings like Wu. Nearly 80 percent of people are deeply worried about the outbreak, while 40 percent strongly fear it, according to a survey released on Jan 27 by the Chinese Academy of Social Sciences.

3 These *emotions* (情绪) are normal for people who are going through stressful events, according to Wang Weihua, an expert on *positive psychology* (积极心理学). “Some stressful *reactions* (反应) can help us fight the virus,” Wang said. “We

take more protective actions, such as wearing masks and washing hands often, for example.”

4 But if these feelings last too long, it will be bad for our *mental* (心理的) health, Wang added. So how can we stay positive?

5 First, we should learn to accept unexpected changes in life, wrote Xi Kewei, a psychological *consultant* (咨询师) at Beijing Normal University. We might learn new lessons from these changes, like *respecting* (尊重) nature and being more *responsible* (有担当的).

6 Another useful way to stay positive is to stick to a *normal routine* (正常作息).

7 “The *key* is to take good care of the body, arrange a reasonable schedule, ensure adequate sleep and diet, and get the necessary rest and relaxation,” Zhang Hong, deputy chief physician of Wuhan Mental Health Center, told China Daily.

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Mental health is as important as physical health. TUCHONG



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Changing ourselves for the better

Many people have made positive changes because of the epidemic, according to a survey by the Chinese Academy of Sciences.



74 percent of people are spending more time exercising.



65.6 percent of people are paying more attention to personal *hygiene* (卫生).



53.8 percent of people are more *aware* (意识到) of unexpected life changes.

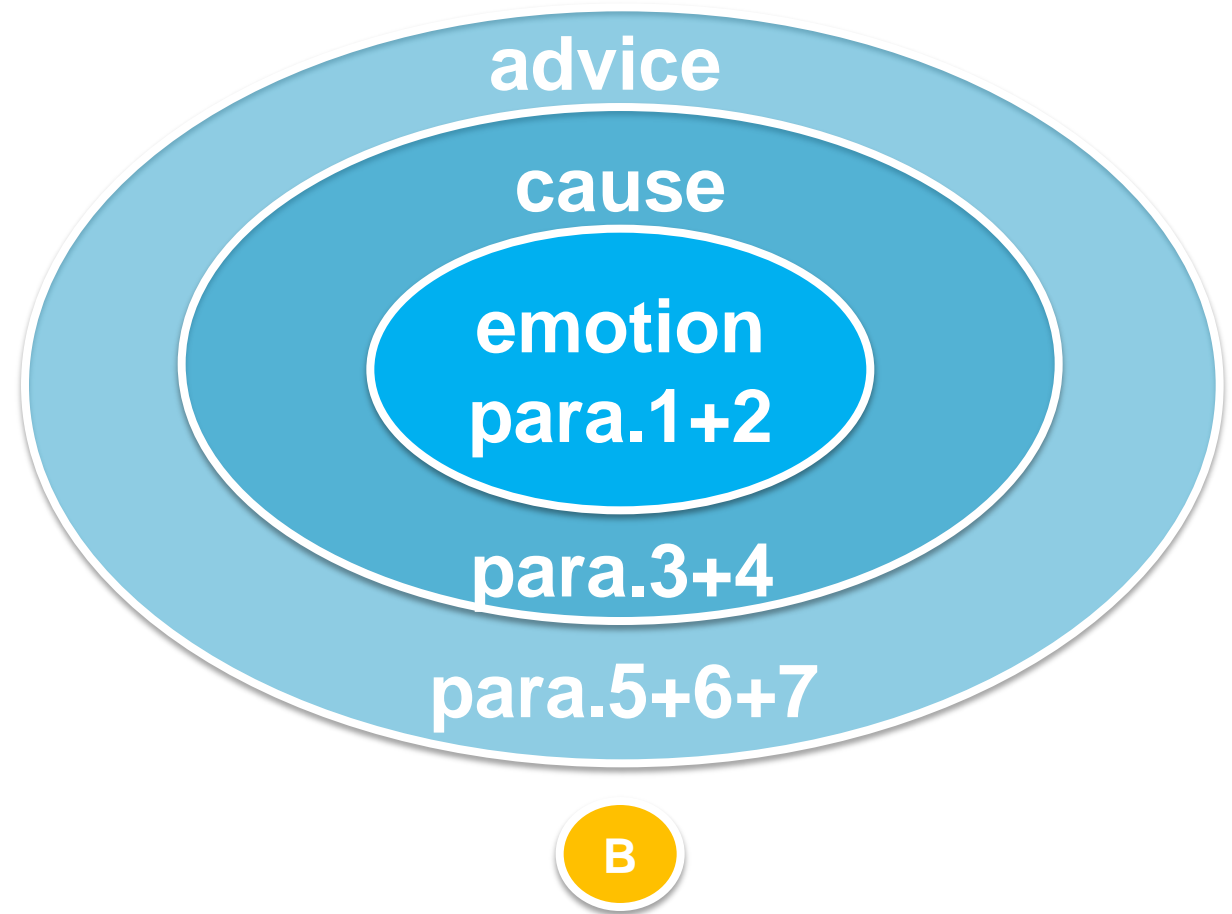
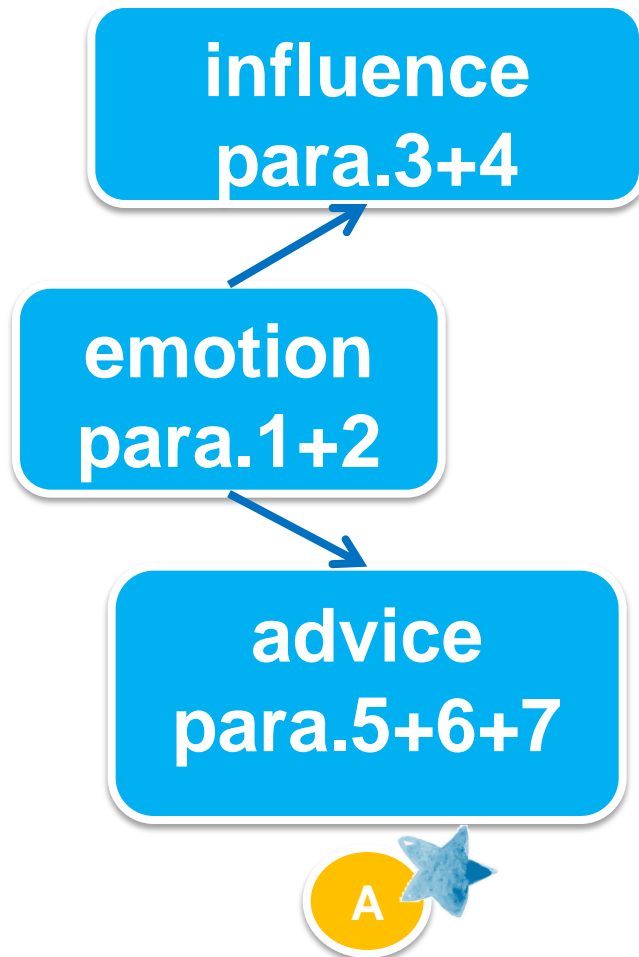
➤ What do you expect to read?

➤ How many paragraphs are there?

Read for the **gist**

➤ Which thinking map shows the structure of the article better?

People's
emotion
during the
novel
coronavirus
outbreak.



While reading - Para. 1+2

- What are people's common emotion during the outbreak?

Most people are deeply **worried** about the outbreak.

Many even strongly **fea** it.

r

fea

r



>



be worried about

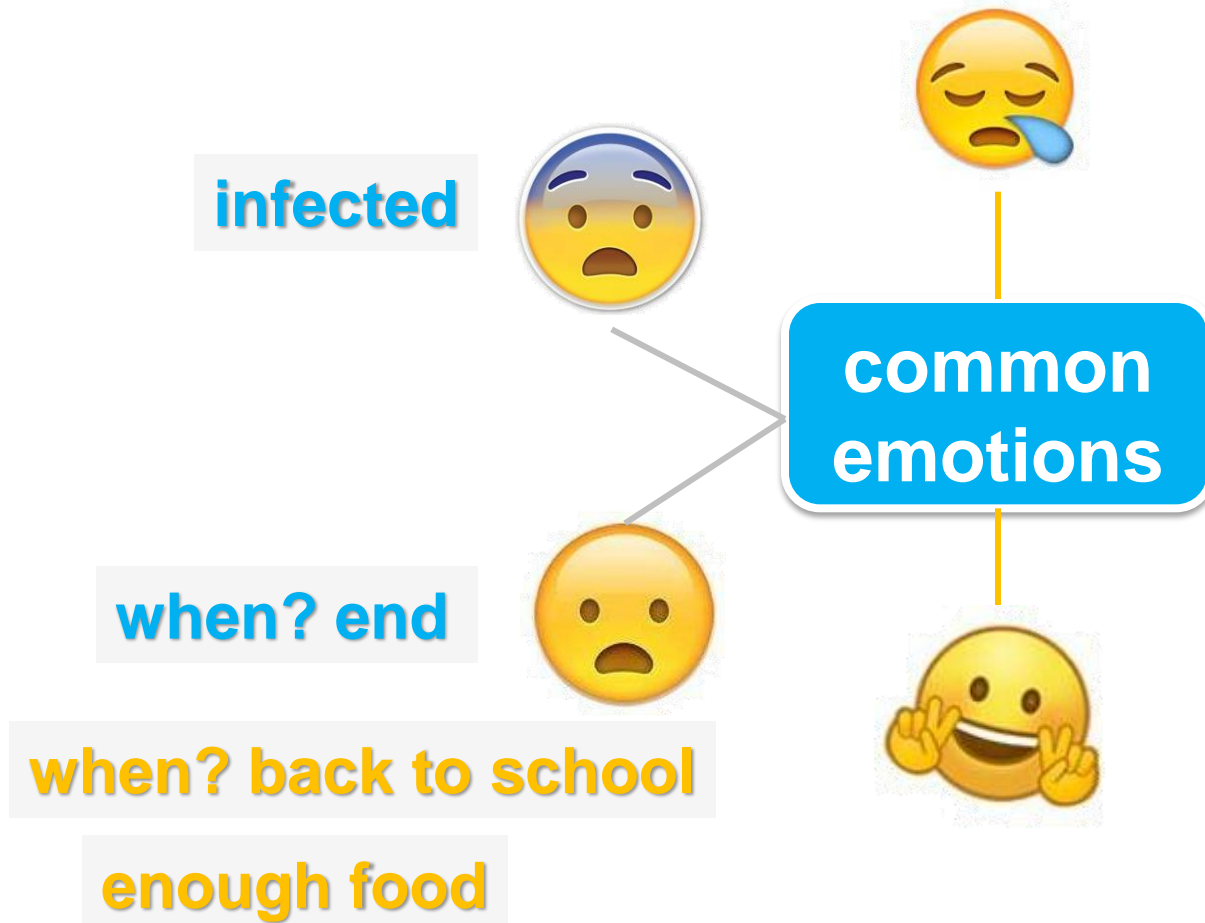
- What do they worry about?

They fear that they would be **infected**.

They are also worried/ anxious about when the epidemic will **end**.

Thinking map - flow map

during the novel coronavirus outbreak



What else do you fear
or worry about?

Do you have
other kinds of feelings?

While reading - Para. 3+4

- Are those emotions normal? **Yes.**
- Can they help us fight with the virus? **Yes. They help us take more protective actions.**
- Will they be harmful to us? **It depends. If they last too long, they will be bad for our mental health.**

Thinking map

during the novel coronavirus outbreak

infected



common emotions

influence



*fight with
*protective actions



*last too long
*be bad for

when? end



when? back to school



enough food

While reading - Para. 3+4

These emotions (情绪) are normal for people who are going through stressful events, according to Wang Weihua, an expert on positive psychology (积极心理学). “Some stressful reactions (反应) can help us fight the virus,” Wang said.

“We take more protective actions, such as wearing masks and washing hands often, for example.”

But if these feelings last too long, it will be bad for our mental (心理的) health, Wang added. So how can we stay positive?

Words in use

1. **go through: experience**
something difficult or unpleasant
2. **stress** (n.): pressure
→ **stressful** (adj.): If a situation or experience is stressful, it causes the person involved to feel stress.
→ **stressed** (adj.): feel anxious
→ **stressed out**: be very worried as a result of mental pressure

Words in use

1. stressful
2. stressed out
3. protective
4. positive



1. Dan Xia works as a nurse in a hospital in Wuhan. Wearing **protective** suits and masks, she is racing against time to save people's lives with her team.

2. Every day, she feels tired and **stressed out** after doing tons of work.

3. However, she never complains. She says, "Simply learning how to view a **stressful** situation in a different light may help. You also need to be **positive** about the future and the pleasures you can share."

While reading - Para. 5+7

during the novel coronavirus outbreak

infected



common emotions

influence



*fight with
*protective actions



*last too long
*be bad for

when? end



advice



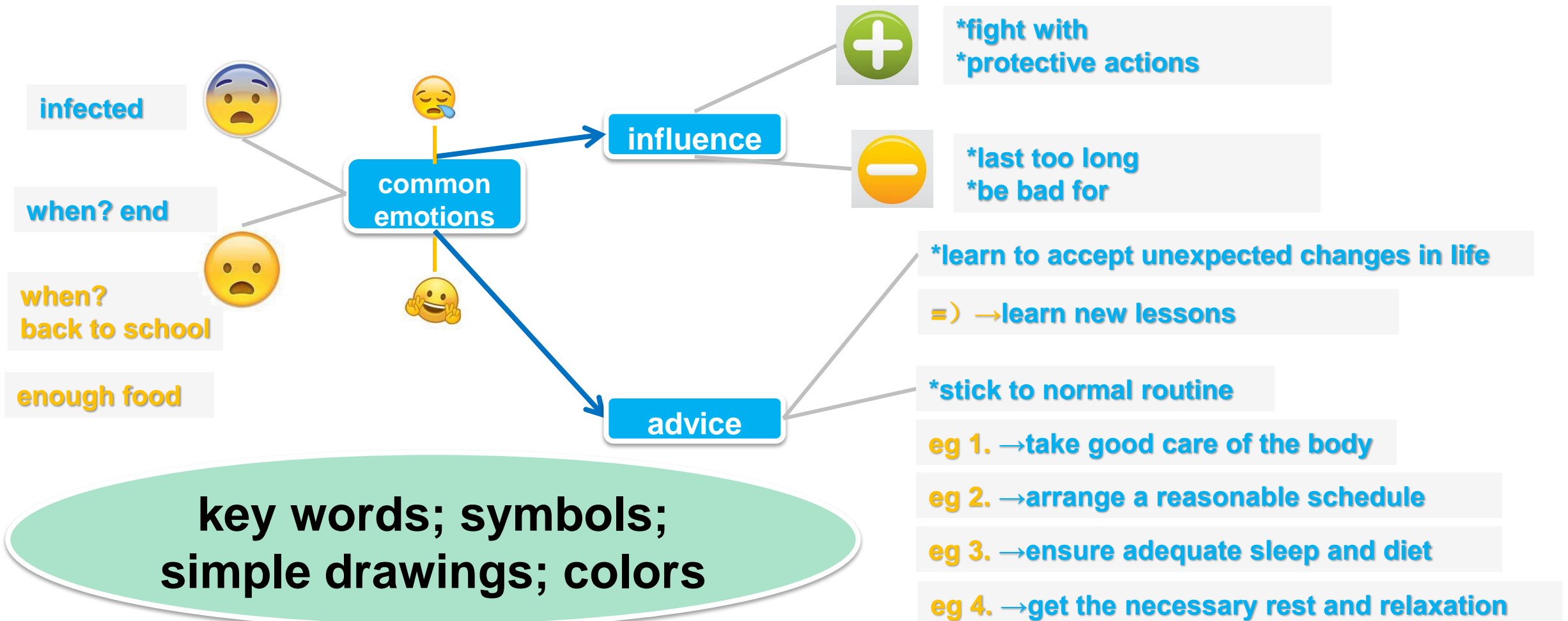
when? back to school

enough food

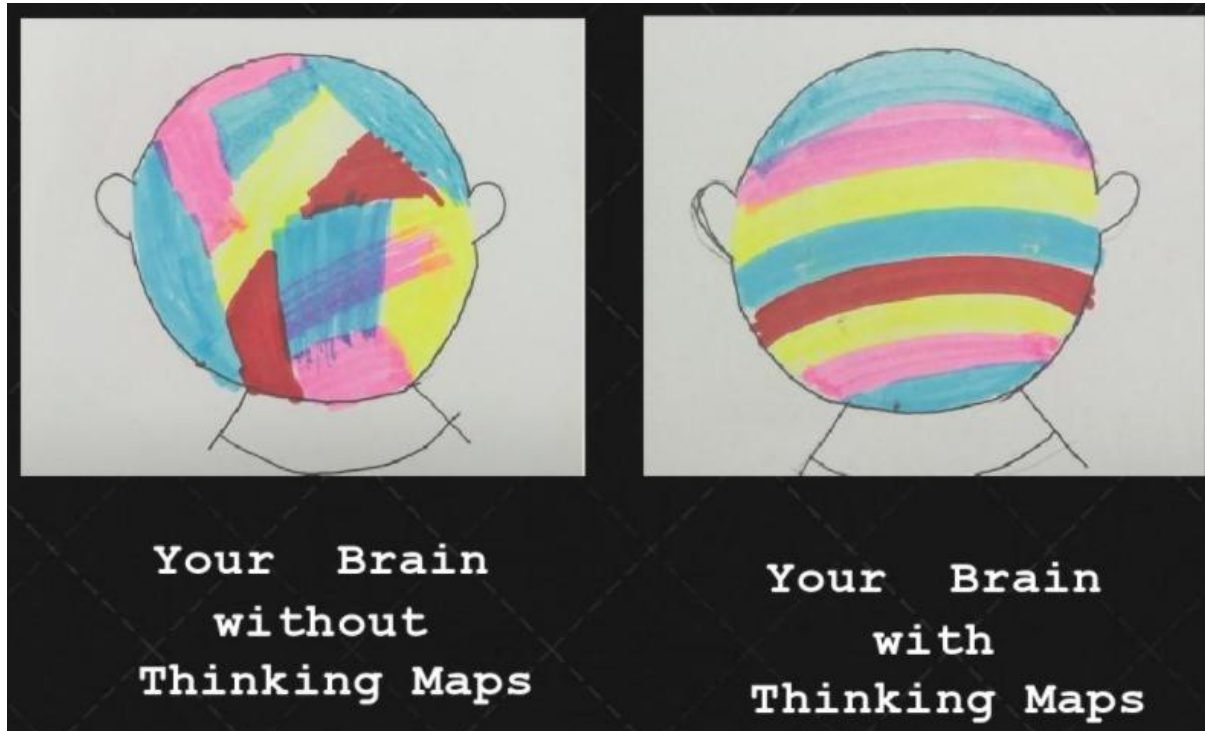
Draw the thinking map
on your own.

Thinking map : Multi-flow map

during the novel coronavirus outbreak



Post reading



- Do you like the thinking map you made today? Why?
- Can you make a speech named "Taking good care of your mind" according to the thinking map?

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Thank you.



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