



A.

Talk about the picture by answering the questions:

下の問題に答えながら、写真について話してみましょう。

1. What is happening to the woman in the picture?
2. Have you experienced this kind of situation? When?
3. What else can you say about the picture?

B.

Read the following sentences aloud:

下の文章を音読してみましょう。

1. Take a walk.
2. Do an art project.
3. Listen to music.
4. Get a hug from someone.
5. Take a nap or get more sleep.
6. Get a massage.
7. Drink some tea.
8. Plan a long weekend.
9. Take some time off from work.
10. Meet new people by taking a class or joining a club

C.

Answer the following questions:

下の問題に答えてみましょう。

1. What gives you stress?
2. What happens to you when you are stressed?
3. What helps you remove your stress?
4. Do you think drinking alcohol is a good way to remove stress? Why or why not?
5. What do you think is the most stressful job? How about the least stressful?
6. Use questions 1–5 to interview your tutor.