

1. Q: What can we do to keep stress away?

infinitives used as subjects

- ① To have a balanced life is the best way.
- ② It is important to share our feelings with others.

infinitives used as predicates

- ③ What we can do is (to) have sufficient sleep.
- ④ When we sleep for at least 8 hours, our brains seem to have enough rest.

2. Q: Connect the two parts and restructure the sentence into the “It-” sentence pattern

- | | |
|---|--|
| 1. to exercise after a whole day's class
2. to keep attentive for the whole class
3. to learn what you have interested in
4. to read reference books after class
5. to finish academic work with our partners
6. to keep our stress away | takes time
healthy
educational
relaxing
Interesting
important |
|---|--|

Keys (answers may vary):

- It* is healthy to exercise after a whole day's class.
It is important to keep attentive for the whole class.
It is interesting to learn what you have interest in.
It is educational to read books after class.
It is relaxing to finish academic work with our partners.
It takes time to keep our stress away.

3. Choose the appropriate form to complete the sentences:

- 1. _____ (**To copy / Copying**) other students' homework is not correct.
- 2. John's plan is _____ (**to keep / keeping**) stress away.
- 3. _____ (**To read / Reading**) reference books took up much of my leisure time.
- 4. Part of the problem is not _____ (to know / **knowing**) proper ways to reduce stress.
- 5. The mission of the training is _____ (**to improve / improving**) the well-being of the people in distress.
- 6. My goal is _____ (**to help / helping**) those in trouble to develop a healthy mindset.

4. Fill in the blank with appropriate verb form.

Art therapy is one of the oldest effective forms of self care and healing, and it helps to develop personal awareness. It can also be used (1)_____ (**treat**) issues and illnesses such as anxiety, depression and stress disorder.

Art therapy is suitable for those who are interested in (2)_____ (**express**) themselves through art. It can be difficult (3)_____ (**open**) up to a complete stranger about one's deepest

and darkest emotions. In art therapy, words are not always necessary. A simple act of a scribble on paper can be a release for a depressing thought and bright light to darkness.

We offer a wide variety of art therapy courses, including Chinese calligraphy and Chinese brush painting. It is our purpose (4)_____ **(help)** people engage the creative self in (5)_____ **(build)** mind and body health and wellness. The main objectives of our courses are (6)_____ **(connect)** individuals through art and creativity, (7)_____ **(reduce)** personality, and (8)_____ **(develop)** team building and interpersonal bonding.

Art therapy is one of the oldest effective forms of self care and healing, and it helps to develop personal awareness. It can also be used **to treat** issues and illnesses such as anxiety, depression and stress disorder.

Art therapy is suitable for those who are interested in **expressing** themselves through art. It can be difficult **to open up** to a complete stranger about one's deepest and darkest emotions. In art therapy, words are not always necessary. A simple act of a scribble on paper can be a release for a depressing thought and bright light to darkness.

We offer a wide variety of art therapy courses, including Chinese calligraphy and Chinese brush painting. It is our purpose **to help** people engage the creative self in **building** mind and body health and wellness. The main objectives of our courses are **to connect** individuals through art and creativity, **(to) reduce** personality, and **(to) develop** team building and interpersonal bonding.

5. Make sentences with the help of infinitives on the topics of *how to keep stress away*.

It's + adj.(relaxing / upsetting / tiring ...) + to do sth.

How + adj. + it is to do sth. !

My plan / ambition / goal / ... is to ...

It is our duty / mission / ... to do ...

It is a good idea to do ...

It is against my principles / wish / not accepted / ... to do such a thing.

It takes sb. sth. (sustained effort / a lot of time / ...) to do ...

Recommended version

It is common practice for us **to feel weighed down** with so much academic burden on ourselves. However, it is not accepted **to be under stress continuously**. My goal is **to keep the stress** away and here are my plans. **To increase the efficiency** is on the top of my priority. What I'm going to do first is **(to) have sufficient sleep**. The next step is **to make sure that** be attentive for the whole class. How fruitful it is **to keep my mind occupied** for a whole class. It is against my principles not **to be listening** and to finish other homework in class. Therefore, in order **to** improve my academic performance, I must fully make use of my time.

❖ Homework Translation Exercise

1. 有可能防止金融危机将来再次发生吗? (possible)

Is it possible **to prevent a financial crisis from occurring again** in the future?

2. 要分辨网络信息的真伪绝非易事。(It)

It is no easy job to tell which information on the Internet is true.

3. 让没有受过专业培训的人操纵机器是不负责任的行为。(It)

It is not responsible to allow someone who hasn't received professional training to operate the machine.

4. 参加太空飞行是令人刺激的冒险。(It)

It would be an exciting adventure to take part in a space flight.

5. 你真周到， 帮我预先定好了票子。(It)

It is so considerate of you to have booked the ticket for me in advance.

=> It is + ADJ. + (for / of sb.) to do sth.

6. 乘务员的职责之一就是确保所有乘客都系好安全带。(ensure)

Before the plane takes off, one of the flight attendants' duties is to ensure that all the passengers have their safety belts fastened.

7. 老师的工作是确保每个学生感到自己对社会有用。(make sure)

It is a teacher's job to make sure that every student feels himself useful to society.

8. 透过字面理解就是读懂文章隐含的意思。

To read between the lines is to understand the implied meaning of a piece of a writing.