

# 《高中英语》（上外版）

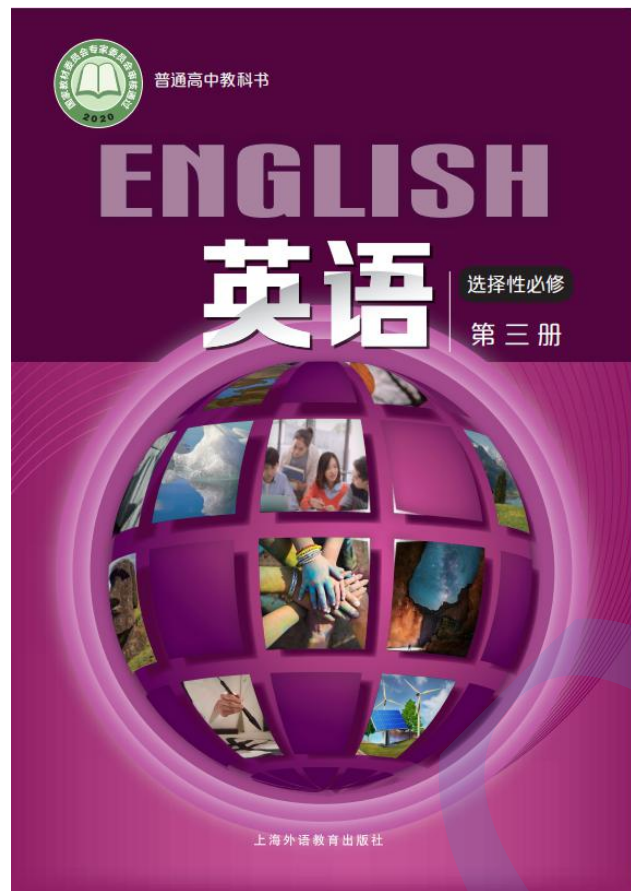
选择性必修第三册第一单元

Fighting Stress

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# 《高中英语》（上外版）

选择性必修第X册第X单元



课时	授课内容
1	Getting Started/ Reading A
1	Reading A/ Vocabulary Focus
1	Reading A/ Grammar in Use
1	Listening, Viewing and Speaking
1	Reading B
1	Critical Thinking
1	Writing
1	Further Exploration/ Self-assessment

# 学习目标 **Learning Objectives:**

**At the end of the lesson, you will be able to ...**

1. 能分辨和总结不定式作为主语和表语的语法规则

have the ability of classifying and summarizing grammar rules of infinitives as subjects and predicatives.

2. 能区分不定式与动名词，并形成相应的语法脉络

form the network of infinitives and gerunds as nouns in mind so as to distinguish infinitives from gerunds.

3. 能在阅读和写作中较熟练地运用不定式作主语和表语结构

skillfully apply infinitive forms as subjects and predicatives in reading and writing

# What can we do to keep stress away?

**subject**

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

**predicative**

- 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.



# What can we do to keep stress away?

**subject**

① To have a **balanced life** is the best way.

② **It** is important **to share our feelings** with others.

**predicative**

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**.

**formal  
subject**

# Matchwork

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

# Making choice

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 \_\_\_\_\_ 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.

# Blank filling

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 **treat** issues and illnesses such as anxiety, depression and stress disorder.

Art therapy is suitable for those who are interested in **express** themselves through art. It can be difficult **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 **help** people engage the creative self in **build** mind and body health and wellness. The main objectives of our courses are **connect** individuals through art and creativity, **reduce** personality, and **develop** team building and interpersonal bonding.



# Mini-speech

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 ...



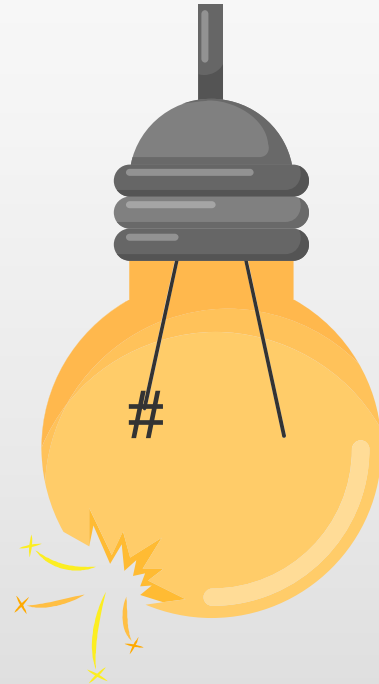
# Assignment



Finish translating the 8 sentences on the worksheet.



Bye!



# Homework

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.

# Homework

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.

Thank you!