

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

infinitives used as subjects

infinitives used as predicates

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

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|---|--|
| 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 |
|---|--|

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.

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 ...

❖ Homework Translation Exercise

1. 有可能防止金融危机将来再次发生吗? (possible)

2. 要分辨网络信息的真伪绝非易事。(It)

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)

4. 参加太空飞行是令人刺激的冒险。(It)

5. 你真周到， 帮我预先定好了票子。(It)

6. 乘务员的职责之一就是确保所有乘客都系好安全带。(ensure)

7. 老师的工作是确保每个学生感到自己对社会有用。(make sure)

8. 透过字面理解就是读懂文章隐含的意思。
