

MULTILINGUAL PROJECT

"HEALTH IS A BLESSING"

HEALTHY WAY OF LIFE



На пороге третьего тысячелетия в обществе и образовании произошли и происходят серьезные и глубокие изменения. Новые социальные условия и задачи требуют от системы образования формирования творческой личности, способной к продуктивной деятельности и самоизменению в быстро меняющемся, динамичном мире. Поэтому современная школа диктует условия трансформации образовательного процесса из знаниево-ориентированного в личностно ориентированный, а значит, коренным образом меняет роль и само понятие современного педагога.

Педагоги кафедры иностранных языков лицея №1 г. Гродно умеют работать нестандартно, используют современные образовательные технологии в обучении иностранному языку, занимаются разработкой авторских и индивидуальных программ обучения. Работа с одаренными учащимися и работа в направлении профессиональной педагогической поддержки – две приоритетных области кафедры.

Ярким подтверждением того, что учителя иностранных языков лицея №1 г. Гродно научились работать в творческом тандеме является организация и проведение межшкольного полиязыкового проекта, посвящённого здоровому образу жизни. Для участия в мероприятии были приглашены не только учащиеся и преподаватели лицея, но и представители от других учебных заведений г. Гродно (гимназии №5, СШ №9, СШ №13), а также французские школьники и их педагоги. Проект включал в себя работу по 5 секциям (здоровое питание, спорт и здоровье, вредные привычки, экология и здоровье, психологическое здоровье современного подростка). Работа секций велась на трёх языках (английском, французском и немецком) и представляет собой совокупность инновационных технологий в преподавании иностранного языка. При подведении итогов работы секций участникам проекта были выданы сертификаты.

## INTRODUCTION

To begin with we should like to comment on the metaphor that compares our body to a magnificent temple. In fact, it is a hundred percent true. A human body is a perfectly organized creation with millions of blood vessels. It has an extremely powerful engine that pumps gallons of blood every day. A human brain is a fantastic mind machine. It contains around 100 billion cells, equal to the number of stars in the Milky Way.

The human body is much more complicated than any machine. But no machine will work day and night requiring only air, water, food and a few simple rules.

The body does a great deal to take care of itself. By learning a few important health rules, it is possible to help the body to work at its best.

There is nothing more important than health. "Health is above wealth" wise people say, because you cannot be good at your studies or work well if you don't take care of your health.

All over the world it is fashionable to be healthy, more and more people care about their health. They don't smoke or drink alcohol, they keep to a healthy diet avoiding junk food and always take regular exercise. But sometimes we start to think about health only when we've lost it. That's why the problem of health and health care is very important today.

How do your mates and other people care about their health? Do they have bad habits and do they know how dangerous they are? Do they anxious about food they eat? All these questions we'd like to find out the answers to.

As a result of the project we are planning to create a portrait of an average young person according to the attitude to his health.

Our health depends on our life and nowadays people are getting more and more concerned about the food they eat, about the air they breathe and the way they look and feel.

## “HEALTH IS A BLESSING”

### Section: “THE WORLD OF ILLUSIONS”

Участники: учащиеся лицея Гей-Люссак (Лимож, Франция), лицея №1, средних школ №9, 13, гимназии №5 (Гродно, Беларусь)

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Форма проведения: дискуссия и игры в минигруппах

Цель мероприятия: развивать речевые умения учащихся

Сопутствующая задача: развивать умения восприятия и понимания иноязычной речи на слух

Воспитательная цель: воспитывать у учащихся негативное отношение к вредным привычкам, пропагандировать здоровый образ жизни

Развивающая цель: развивать у учащихся умение противостоять отрицательному влиянию, умение аргументировано высказывать свою точку зрения

Оснащение мероприятия: плакаты, пропагандирующие ЗОЖ, раздаточный материал “How to say “No”, “The teen’s attitude to alcohol”, “Global smoking statistics”, портреты известных людей, погибших от злоупотребления алкоголя и т. д., картинки с изображением дракона, чистые листы бумаги, ручки, фломастеры.



### **I. Introduction**

Teacher: Dear friends! I’m very glad to see you and greet you as the participants of our project “Health is a blessing”. I’m very happy that you have chosen our section “The world of illusions” dedicated to bad habits which destroy not only people’s health but their whole life. I’m sure you are not indifferent to the problem. Millions of people live in the world of illusions but it leads to death. How

to stop it? How to learn to say “No” to alcohol, drugs and cigarettes? I hope we’ll try to find answers to these questions today but before this I’d like you to divide into three groups. Take these cards and unite into groups according to the words written on the cards. (Учитель предлагает учащимся карточки, слова на которых объединены логически и образуют три группы) :

<b>1-st group</b>	<b>2-nd group</b>	<b>3-d group</b>
degradation	gastric ulcer	marijuana
loss of family and friends	lung cancer	ecstasy
death	asthma	cocaine
unhappiness	tuberculosis	
amphetamines		
poor health	heart disease	solvents
sorrow	liver cirrhosis	heroin
loneliness	tumour	LSD

## II. Dragon

Teacher: Some philosophers compare man’s life with a dragon. The number of a dragon’s heads is equal to the number of bad habits a man has. Sometimes it takes the whole life to make the dragon lose one of his heads, but instead of one lost head two more may appear. Now I’ll give you the pictures of a dragon. But as you see it has no heads at all. Discuss in groups bad habits a lot of people suffer from and finish these pictures adding as many heads to a dragon as you find it necessary.



## III. Myths

Teacher: Each group will be given now a list of statements. You should think over each statement and say whether it’s a myth or not. Give the reasons for your choice.

1. Smoking doesn’t hurt anybody but me.
2. Smoking improves your mood.

3. If I smoke a few cigarettes a day, that's OK.
4. If I smoke only filtered, menthol or low-tar cigarettes, I'll be safe.
5. Lung cancer is the only disease I have to worry about when smoking.
6. If I stop smoking, I'll definitely gain weight.
7. Alcohol is a medicine.
8. You are not alcoholic unless you drink a pint a day.
9. People who drink too much hurt only themselves.
10. Alcohol| drugs are the best way to help me unwind.
11. He is a bad man therefore he drinks.
12. Alcoholics and drug abusers use drugs every day.

Teacher: I see your point of view now but there are widely-spread myths. Now you'll have a chance to see how dangerous they are. (Учащиеся представляют заранее подготовленную информацию)

### **Myth 1**

#### **Smoking and alcohol are good means of relaxation**

-Life has never been faster and jobs have been more stressful than they are today. People have to perform more and more work under difficult and more stressful conditions. Stress is a disease of the 21st century. Many people suffer from stress. It's a natural reaction. We can't avoid it. No wonder people are in the search of different means of relaxation. A lot of them are absolutely sure that a cigarette or some drink will release tension and you'll feel relaxed.

-As for smoking it's absolutely wrong and the view that it saves us from stress is mistaken. At first it seems that a cigarette is the best way of relaxation, as your unpleasant experiences seem less painful. But in fact smoke, nicotine and resins contained in tobacco don't relax, they simply hinder our central nervous system. But when you become addicted, relaxation without a cigarette is impossible. There is no way out of this situation. You can't cope with stress without a cigarette and we feel stressed if we don't have a smoke.

-And what about alcohol? Don't you agree a drink can lift your mood and after a couple of drinks you feel more relaxed? All your problems disappear and you forget about them. I've got some of mates who do it. But why is it wrong to drink? Everyone does it.

-Ok, after a couple of drinks you feel more relaxed but it doesn't take much more than that to make you behave like a complete idiot. When alcohol reaches your brain, you may immediately feel more relaxed and light-hearted. You may feel you can do crazy things. But after two or three drinks your actions are clumsy and your speech is slurred. If you over-drink, you might suffer from double vision and loss of balance, even fall unconscious. But tomorrow you'll feel broken and

have a headache but what about your problems? They are here again and have to solve them. Nobody will do it for you. Of course next time you'll ask yourself. Is it really worth it?

## **Myth 2**

### **Abusing alcohol is not a disease**

Alcoholism is a primary, chronic disease with genetic, psychosocial, and environmental factors influencing its development and manifestations. The disease is often progressive and fatal. It is characterized by continuous or periodic impaired control over drinking, preoccupation with the drug alcohol, use of alcohol despite adverse consequences, and distortions in thinking, most notably denial.

Most of the psychologists consider alcoholism as a progressive disease, when naturally progressing has 3 stages that go one after another. The transition between those stages is smooth and unnoticeable for a person. That disease never appears suddenly. You can suddenly get flue, appendicitis, gonorrhoea, or any other disease, but not alcoholism.

First stage is always introduced by pleasant regular "cultural" drinking that lasts from 1 to 10 years. People predisposed to alcoholism cover that stage very quickly, sometimes in a several months. So a popular concept of "cultural" drinking is far not perfect. All alcoholics began "culturally". Every person consuming regularly alcohol is in a risk of becoming an alcoholic.

Only total sobriety (non-drinking) can stop this disease. But even if a person after giving up drinking gets in use of alcohol just sometimes, the disease will steadily progress. Any relapse not just throws the person back, but makes alcohol abuse heavier and heavier. As a rule nobody gives up drinking on that stage, as the overall health is still good.

The second stage of dependence begins when an alcoholic can't already wait till the evening and cures a hangover at the midday. Later it happens earlier and earlier. Problems in the family and at work (if they're not lost already) are inescapable. Life goes down, becomes uncontrolled, but it's too frightening for an abuser to admit that. Alcohol takes the major place in the mind, life becomes seeming useless without drinking. Family, children, job – all go to the background. Some drink almost constantly, others do breaks, but in both cases the disease is progressing, because only total sobriety can stop the progress of alcoholism. Many try to give up drinking on that stage, because health is far not as good as it was before.

Third stage:

A predictable final of many-year's abuse of alcohol – stage of degradation and payoff for drinking. Alcohol withdrawal syndromes, liver disease, gastritis, anemia, neurological disorders, impairments in cognition, changes in mood and behaviour, marital problems and child abuse, impaired social relationships,



scholastic or job problems and legal, financial, or spiritual problems. A person is not a person any more he is a wreck.

More of that is that “alcoholism causes premature death through overdose, organic complications involving the brain, liver, heart and many other organs, and by contributing to suicide, homicide, motor vehicle crashes, and other traumatic events”.

“Can alcoholism be cured? While alcoholism is a treatable disease, a cure is not yet available. That means that even if an alcoholic has been sober for a long while and has regained health, he or she remains susceptible to relapse and must continue to avoid all alcoholic beverages. "Cutting down" on drinking doesn't work; cutting out alcohol is necessary for a successful recovery.

### **Myth 3**

**-I smoke only to support the company of my friends and I can stop at any time.**

Why do teens smoke when we have seen billions of dollars spent on antismoking campaigns? They seem to be more abrasive when smoking or they feel like they are older and wiser when they smoke. Every minute four thousand eight hundred teens will take their first drag off a cigarette. The fact that teen smoking rates are steadily increasing is disturbing.

Teens like to act as if they are someone special or dangerous. By smoking they can act on those feelings. Because it is so forbidden it becomes more alluring to teens. The problem is that when they take that first puff, they can become addicted. The idea that they are breaking the law or going against their parents and schools is an addiction within itself. Kids like to get attention; it does not matter if it's good attention or bad attention. They crave attention and by smoking they get big attention.

Nicotine is considered the number one entrance drug into other substance abuse problems. Research shows that teens between 13 and 17 years of age who smoke daily are more likely to use other drug substances. The use of other drugs is part of the peer pressure that our children have to face. The earlier that our youth begin using tobacco, the more likely they will continue using into adulthood.

Why is tobacco so addicting? It is because nicotine acts as a stimulant. When the body becomes accustomed to the presence of nicotine, it then requires the use of the chemical to help the body to function normally.

Here are some common experiences from teens who smoke.

- They tried their first cigarette in sixth or seventh grade
- They often do not perform well in school
- They become isolated from other students
- They can't perform as well at sports events
- They feel like they need a job to support their smoking habit
- They are reported to school officials for skipping classes
- They begin experimenting with alcohol and other drugs



Perhaps a teen is trying to fit in at school, or maybe a teen thinks that smoking will help relieve stress or pressure. Sometimes teen smoking is an attempt to feel cool or more grown-up.

Many teens who smoke think they can stop anytime, but research shows this isn't usually true. In fact, most adults who started smoking in their teens never expected to become addicted to nicotine.

Teenage smokers between the ages of 12 and 17 are five times more likely to drink alcohol and nine times more likely to meet the medical criteria for alcohol abuse or dependence as teens who don't smoke.

Teens who smoke are 13 times more likely to use marijuana than nonsmoking teens.

Teens who smoke are more than twice as likely to have suffered from symptoms of depression over the course of a year.

The earlier a child begins smoking, the greater the risk.

And in the end we want to offer our own list of negatives of smoking:

- 1) Smoking gives you bad breath.
- 2) Smoking makes your clothes and hair smell.
- 3) Smoking turns your teeth and fingernails yellow.
- 4) Smoking makes you look pale and unhealthy.
- 5) Smoking leaves you with a hacking cough and plenty of phlegm.
- 6) Smoking zaps your energy for sports and other favorite activities.

We personally prefer our health and active full life. But what do you choose? It's your own decision...

## **Myth 4**

### **FORBIDDEN THINGS ARE OFTEN TEMPTING**

People take drugs because they think they make them feel better. Young people are often introduced to drug-taking by their friends. When a friend offers you a chance to have some «fun» with drugs, and points out that everyone else is doing it, it's natural for you to wonder what it's like.

Your friends may be full of stories as to how wonderful the drugs will make you feel. What they won't be telling you is how addictive the drugs are, and how many young people do lasting damage to their bodies, or eventually die from continued drug abuse each year.

Across the country, teens and young adults enjoy all-night dance parties known as "raves" and increasingly encounter more than just music. Dangerous substances known collectively as club drugs-including Ecstasy, GHB, and Rohypnol-are gaining popularity. These drugs aren't "fun drugs."

Although users may think these substances are harmless, research has shown that club drugs can produce a range of unwanted effects, including hallucinations, paranoia, amnesia, and, in some cases, death. When used with alcohol, these drugs can be even more harmful. Some club drugs work on the same brain mechanisms

as alcohol and, therefore, can dangerously boost the effects of both substances. Also, there are great differences among individuals in how they react to these substances and no one can predict how he or she will react. Some people have been known to have extreme, even fatal, reactions the first time they use club drugs. And studies suggest club drugs found in party settings are often adulterated or impure and thus even more dangerous.

Many users take drugs to escape from a life that may seem too hard to bear. People use such drugs as heroin because it gives them a strong feeling of well being (euphoria), relaxes them and relieves pain. Drugs may seem the only answer, but they are no answer at all. They simply make the problem worse.

Depending on the type and strength of the drug, all drug-abuses are in danger of developing side affects. Drugs can bring on confusion and frightening hallucinations and cause unbalanced emotions or more serious mental disorders.

First-time heroin users are sometimes violently sick. Cocaine, even in small amounts, can cause sudden death in some young people, due to heartbeat irregularities. Using heroin during a pregnancy increases the risk of miscarriage. A new-born baby may have withdrawal problems because the baby became dependent on heroin, which passes from the mother through the placenta to the baby. The baby may need treatment for this dependence for many weeks. Children born to drug-addicted parents can be badly affected.

People who start taking drugs are unlikely to do so for long without being found out. Symptoms of even light drug use are drowsiness, moodiness, loses of appetite and, almost inevitably, a hide level of deceit.

First there's the evidence to hide, but second, drugs are expensive and few young people are able to find the money they need from they allowance alone. Almost inevitably needing money to pay for drugs leads to crime.

Drug abusers need advice and medical treatment, to reduce dependence. If their body is already tolerant of the drug, the withdrawal affects may take two or three weeks to wear off. This will be a difficult time.

Work out ahead of time how you can resist drug experimentation. Say what you think and don't be pressured into changing your mind. Try to dissuade friends from experimenting by suggesting other ways of spending time together.

Maybe your friend has been letting you down because he's using drugs. Or maybe some of the things she does when he is drunk or high are just scary. Whatever it is, the important thing is that you've noticed that your friend might be heading for trouble.

You can help your friend now — before something really bad happens. Your friend will probably insist that his or her drinking or drug use is not a big deal. This is very common among people with drug or alcohol problems. Don't let your friend's denial keep you from talking with him. If he continues using, he could face serious consequences like getting caught or arrested, losing his drivers' license, getting suspended, or more severely, getting involved in a drug or alcohol-related car crash or becoming dependant.

No one likes it when a person points out a problem but doesn't offer a solution. Even if a solution isn't clear, you can still recommend that your friend

talk to a caring adult or health professional. The point you will have made is that you've come to the table with suggestions and ideas for how to improve the situation.

#### How Will My Friend React?

If a friend drinks alcohol, smokes marijuana, or uses other drugs, there is no way to predict how he or she will act, or what will happen when they are drunk or high. All drugs, including marijuana, can be harmful and addictive. There is no way to know how many drug experiences it takes to become addicted. But drug and alcohol use can lead to abuse, and continued abuse can lead to addiction.

Common sense tells us that helping a friend address a drug or alcohol problem early can help keep it from getting out of control and doing serious harm. This is why it is important to step up and talk with your friend sooner rather than later — you never know what could happen if he or she continues to drink or do drugs —but it can't be good.

#### IV. How to say “No”

Teacher: We have come to the conclusion that such things as drugs, alcohol, cigarettes do only harm but sometimes we can find ourselves in the situation when we need to say NO. Is it always easy? I think no. We should learn to do it.

Учитель предлагает учащимся разыграть в группах ситуации:

--Let's have a smoke.

--Let's have a drink and a smoke.

--Would you like some wine?

--Let's go to my place. My parents are coming late. We may relax.

--Why did you leave yesterday saying nothing? Were you afraid to have a drink? Let's go and do it today.

--My friend is having a party tonight. It'll be cool. I know he's brought some ecstasy with him. Will you join me?

#### V. Slogans against

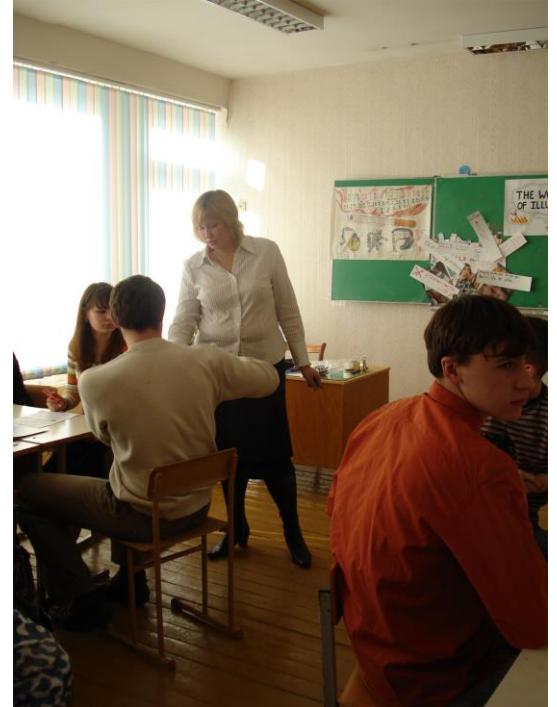


Teacher: On bottles with alcohol, on packs with cigarettes we can read such warnings as “Smoking is dangerous for your health” and so on but it doesn’t stop people. Let’s discuss in groups and work out warnings which will be more convincing.

## VI. Fire

Учитель раздает учащимся карточки и предлагает написать на них тот отрицательный опыт, который был связан в их жизни с плохими привычками. Учащиеся делают это по желанию, затем все складывают эти листочки вместе и сжигают их.

Teacher: Fire usually destroys, but this fire is different, because it gives the beginning to a new life, life free from drugs, alcohol, smoking and other things which destroy our life



### Les Français en parlent:

#### fumer : pour ou contre

##### 1-ier élève :

“Tout le monde te le répète, même ton paquet de cigarettes : fumer est dangereux pour la santé, fumer tue... et tu voudrais bien que tout cela cesse ! Alors n’hésite pas à en parler autour de toi, à tes parents (s’ils sont assez cool pour te comprendre), à ton médecin ou même à des amis qui sauront te soutenir. “

##### 2-ième élève:

“T’es un homme, tu tiens à ta virilité ? Et bien oublie la cigarette car elle provoque des troubles de l’érection... T’es une fille, et même tu viens de devenir une femme? La cigarette risque de te provoquer des règles douloureuses et irrégulières! Pire, la cigarette augmente le risque de stérilité. Ce serait trop dommage de se gâcher les plaisirs de la vie avec quelques cigarettes !”

##### 3-ième élève:

“La première fois, c’était à 12 ans. Mes amis m’ont proposé une cigarette et je n’ai pas osé refuser. C’était pendant les vacances, dans le square derrière chez

moi. C'était vraiment dégueulasse, ça brûlait la gorge et m'a fait tousser... Et pourtant, je pensais jamais fumer !”

**Professeur:**

“La dépendance dès la première cigarette est une réalité. Pourtant, la moitié des adolescents considère qu'on peut essayer une fois, pour voir ce que ça fait...Le problème c'est que quand t'as essayé une fois, tu réveilles un mécanisme chimique dans ton organisme qui te donne envie de réessayer. La nicotine se lie à des récepteurs spécialement adaptés à elle : les récepteurs nicotiniques. Et dès la première cigarette, l'organisme fabrique davantage de récepteurs nicotiniques, ce qui te rend plus vulnérable. C'est l'engrenage de la dépendance au tabac. Et en plus tu t'en rends pas compte ! Mais les chiffres sont là : 1 ado sur 2 continue à fumer après la 1-ière cigarette !! C'est énorme !”

**Ce qu'ils disent de l'alcool**

**1-ier élève:**

“Parfois on a besoin de boire. Etant donné; que je suis timide et réservé, l'alcool m'aide pour draguer.”

**2-ier élève:**

“Oui, on a besoin de boire pour avoir une bonne ambiance. Mais boire est dangereux : on fait n'importe quoi. On boit pour essayer d'oublier quelque chose, pour se masquer les réalités difficiles.”

**3-ième élève:**

“Je suis choquée par le comportement des jeunes du groupe. Ces excès dans la fête me font peur. Je refuse d'y participer. Mais le refus de boire contribue à me mettre à l'écart.”

**4-ième élève:**

“Parfois, on abuse de l'alcool le samedi soir au café. Il arrive qu'on aille se libérer dans une discothèque, on risque d'aller trop loin. Mais entre jeunes, on s'entraide en sachant les risques possibles. Certains jours, on boit pour oublier ou pour lutter contre le stress.”

**5-ième élève:**

“Boire, ça modifie le tempérament de la personne. Il arrive qu'on boive aussi pour faciliter le rapport avec une fille. On boit pour trouver un certain bonheur de vivre.”

**6-ième élève:**

“L'alcool n'est pas une amie permanente, ni une source d'inspiration. Les embêtements, les échecs, la peur sont des éléments qui poussent boire. Pour moi, le sport est un bon moyen de me défoncer, de m'éclater.”

**7-ième élève:**

“Le jeune prend quelques verres pour oser aborder les filles. Lorsqu'il s'ennuie et a le «spleen», il consomme pour se sentir mieux.”

**Chef d'établissement scolaire:**

«Je constate une alcoolisation de plus en plus précoce chez les adolescents. Pour certains, le rapport à l'alcool n'est pas tellement une relation de convivialité,

mais s'apparente plutôt à une drogue. Il y a un clivage aujourd'hui. Je n'ai pas connu d'élèves dont on puisse dire 'c'est un alcoolique' (comme on peut dire d'un élève 'il se drogue'). Bien sûr, il y a des élèves vivant en milieu alcoolique. Parfois, profitant d'une heure de liberté, un groupe d'élèves se rend au café; du coin (ou au supermarché voisin), et célèbre à sa façon un anniversaire ou tout autre événement de ce genre. (On peut trouver un aspect initiatique ou un désir naturel de transgression dans ces occasions). Quand le groupe rentre au lycée, il peut y avoir un élève particulièrement éméché. Souvent, les camarades essaient de 'cacher' cet état de choses. Quand on s'en aperçoit, l'élève éméché est dirigé sur l'infirmerie, et on prévient la famille.

Une question grave reste posée: celle de la vente libre de l'alcool dans les grandes surfaces ou dans les stations-service. Alors que cette vente est étroitement contrôlée dans les débits de boissons, il n'est pas rare de voir des jeunes sortir de ces magasins avec des packs de bière ou de whisky. D'autre part, de nouveaux produits ont été récemment introduits sur le marché à destination des jeunes : bières fortement alcoolisées, mélangés d'alcool fort et de Coca-Cola, etc..."

## **Ökologie und Gesundheit**

Изучающие немецкий язык лицеисты и гости обсуждали вопросы, связанные с воздействием окружающей среды на здоровье человека.

После вступительного слова учителя в качестве материала для обсуждения были предложены небольшие тексты о важнейших проблемах окружающей среды. В ходе работы в группах участники дискуссии сравнивали актуальность проблем загрязнения воды и воздуха, изменения климата, утилизации отходов для Франции и Беларуси, воздействие отдельных факторов на здоровье человека. Обсуждались также пути решения

существующих проблем. Итогом работы стал коллаж, отражающий всё, о чем с большой заинтересованностью говорили участники проекта.

**Ökologie** – das funktionierende System der Beziehungen von Lebewesen zueinander und

zu ihrer Umwelt.

**Umwelt** – die Erde, die Luft, das Wasser und die Pflanzen als Lebensraum für die Menschen und Tiere.

### **Luftverschmutzung- Treibhauseffekt- Ozonloch**

Von der Geburt bis zum Tod atmen wir mehr als 300 Millionen Liter Luft ein. Was wir nicht brauchen, sind die in der Luft enthaltenen giftige Stoffe. Sie können zu schweren Erkrankungen führen.

Hauptverursacher der heutigen Luftverschmutzung sind die Kraftwerke und die Industrie, sowie Millionen Autos, deren Zahl weiter wächst. Unsere Haushalte tragen auch zur Luftverschmutzung bei. In die Luft gelangen viele Schadstoffe, z.B. Kohlendioxyd, Stickoxyd u.a. Diese Schadstoffe verwandeln sich unter starker Sonnenbestrahlung in Ozon, ein Gift, dass die Lunge angreift. In der Atemluft ist Ozon giftig, aber die Ozonschicht in der Stratosphäre schützt die Oberfläche der Erde vor ultravioletter Strahlung der Sonne.

Diese Schicht wird durch Fluor-Chlor-Kohlenwasserstoffe zerstört. Diese Stoffe verwendet man als Treibmittel in Spraydosen, als Kühlmittel in Kühlschränken.

### **Wasserverschmutzung**

Wir können wochenlang leben, ohne zu essen, doch nicht länger als 5 oder 6 Tage, ohne zu trinken. Etwa 3 Liter Flüssigkeit braucht ein Mensch täglich. Ein großer Baum benötigt 100 Liter Wasser am Tag. Das Wasser ist Lebensraum für viele Tiere und Pflanzen. Am meisten Wasser verbrauchen die Industriebetriebe und Elektrizitätswerke.

Die Abwässer der Industrie und der Haushalte werden nicht genug gereinigt in die Flüsse geleitet. Landwirte wollen bessere Ernten mit Hilfe von Kunstdünger und Pestiziden erziehen. Wenn diese Stoffe durch den Regen aus dem Boden gewaschen werden, vergiften sie die Flüsse. Eine besondere Gefahr stellt Öl dar. Ein Liter Öl kann 1 000 000 Liter Wasser verseuchen. In den Meeren und Flüssen sterben Fische. Die Nahrungsquelle für die Menschen ist bedroht. Es ist gefährlich zu baden.

### **Waldsterben**

Der Wald ist unentbehrlich für unser Leben. Er reinigt unsere Atemluft, reguliert Temperatur und Luftfeuchtigkeit und produziert den lebenswichtigen Sauerstoff. Eine ausgewachsene Buche erzeugt je Stunde 1,7 kg Sauerstoff. Das entspricht dem Sauerstoffbedarf von 3 Menschen. Viele Menschen suchen und finden in den Wäldern Ruhe und Entspannung. Der Wald bietet einen idealen Lärmschutz. Er ist Heimat und Lebensraum für zahlreiche Tier- und Pflanzenarten.



Als Hauptverursacher für das Waldsterben gilt die Luftverschmutzung. Giftige Stoffe (Schwefeldioxyd, Stickoxyd) verbinden sich mit Sauerstoff und Wasser zu saurem Regen, der für den Wald tödlich ist.

### **Müll**

Vieles von dem, was wir kaufen, wandert früher oder später auf den Müll. Die wachsenden Abfallberge brauchen Platz. Durch ihre Schadstoffe verseuchen sie Wasser, Boden, Luft und damit die Menschen selbst. Ursache für die steigende Hausmüllmenge sind vor allem die Zunahme der Verpackungen sowie die Verdrängung der Mehrweg- durch Einwegverpackungen (Flaschen und Plastikbehälter). Neben dem Haus – und Geschäftsmüll gibt es Industrie – und Baumüll. Ein großer Teil dieses Mülls ist gefährlich, denn er enthält giftige Stoffe. Nicht überall wird der Müll sortiert und wieder verwertet.

### **Umweltschutzmaßnahmen**

- weniger baden, mehr duschen
- mehr Waren ohne Verpackung kaufen
- den Müll sortieren
- weniger Düngemittel und Pestizide verwenden
- zum Autowaschen Regenwasser benutzen
- nicht zu viel Waschmittel verwenden
- Kraftwerke und Industriebetriebe mit Filtern ausrüsten
- öffentliche Verkehrsmittel statt Autos benutzen
- Autos mit Katalysatoren ausrüsten
- Waschpulver ohne Phosphate verwenden
- Getränke in Mehrwegflaschen kaufen
- die Geschwindigkeit auf Autobahnen begrenzen
- öfter zu Fuß gehen oder mit dem Fahrrad fahren
- weniger Spraydosen verwenden
- nicht ständig neue Geräte kaufen, sondern gebrauchte reparieren lassen

## **BEING FIT IS BEING HAPPY**

**Teacher:** Good afternoon, dear guests! We are glad to see you on our project. And today you are welcome to discuss the problem of physical activity in people's life.

We are sure that all of you are active & full of energy but first of all let's find out what other people think about physical activity & active way of life.

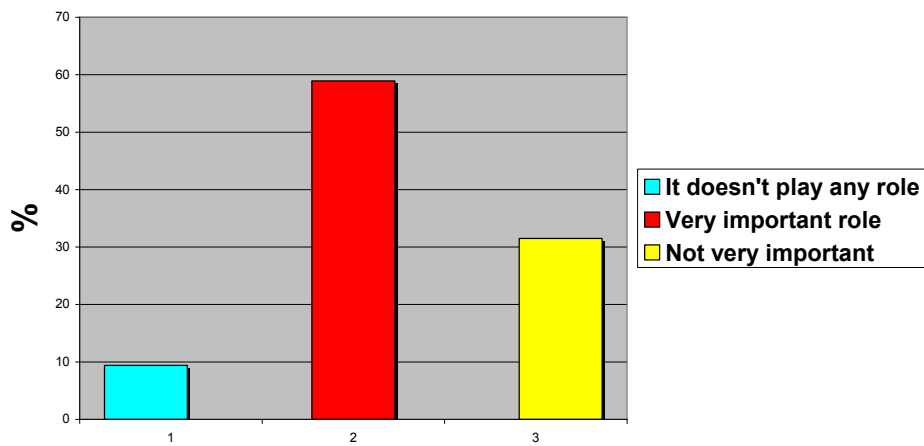
**1<sup>st</sup> student:** Last week we made a questionnaire. And about 95 students & teachers of our Lyceum were asked the following questions:

**Questionnaire.**

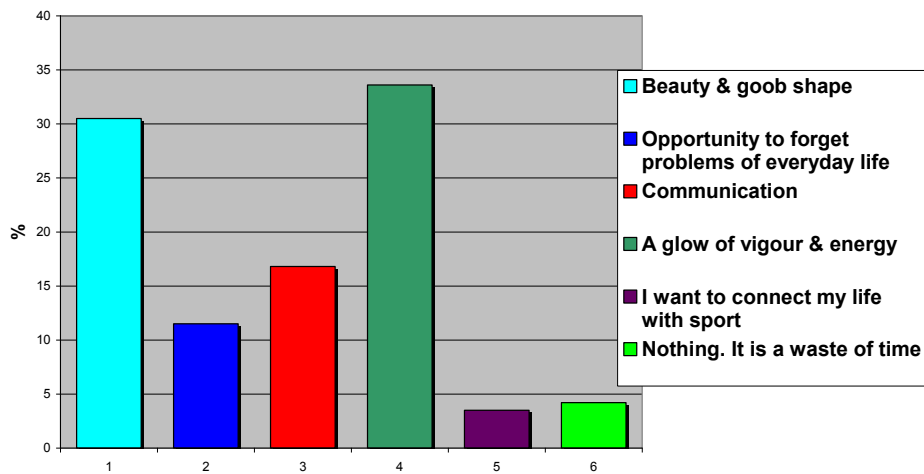
1. Your sex: a) male;  
b) female;
2. Your age: a) 15-20  
b) 20-35  
c) 35-45  
d) 45-60
3. What role does physical activity play in your life?  
a) It doesn't play any role. It's not for me.  
b) A very important role. I like physical activity.  
c) Not very important.
4. What do you do to keep fit?  
a) I attend PT lessons at school.  
b) I go in for my favourite kind of sport.  
c) I attend a gym, a swimming-pool, a sport-club.  
d) I do morning exercises.  
e) I'm sure that physical activity doesn't influence my shape.
5. Is physical culture available to everyone?  
a) Everything is very expensive: the subscription to the gym & swimming-pool; equipment too.  
b) Yes, it's available. PT lessons are compulsory even at school.  
c) Yes, you only need to have a desire.
6. What kind of sport do you go in for?  
a) Individual (what kind?)  
b) Group or team (what kind?)  
c) I don't go in for sport.
7. What does physical culture give you?  
a) Beauty & a good shape.  
b) Opportunity to forget the problems of everyday life.  
c) Communication.  
d) A glow of vigour & energy.  
e) I want to connect my life with sport.  
f) Nothing. It's a waste of time.
8. Give your advice how to keep fit.

**1<sup>st</sup> student:** And we received the following results:  
(диаграммы развешены на доске)

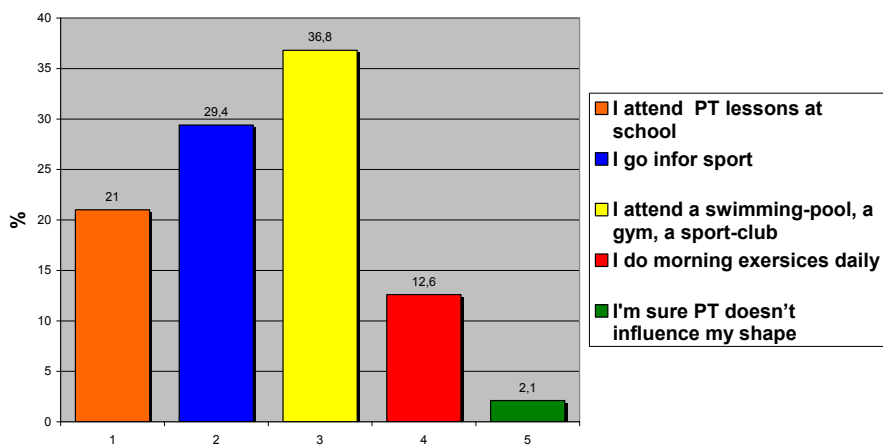
## What role does PHYSICAL ACTIVITY play in your life?



## What does PHYSICUL ACTIVITY give you?



## What do you do to keep fit?



**Teacher:** As you can see most of our students prefer an active way of life & physical culture plays a very important role in their life. They attend swimming-

pools, gyms, sport-clubs, they dance & it gives them a glow of vigor, beauty & good shape. And what about you, dear friends? What does physical activity give you? What do you do to keep fit?

(Учитель обращается по очереди к участникам проекта, ответы могут носить следующий характер)



**2nd student:** I think that people can't enjoy doing many things in life if they are not healthy. They are upset, gloomy, irritable, if they are not well. In fact, if people are eager to keep fit, they should go in for sports or do physical exercises, at least. I do my exercises every day; I have an exercise-machine at home. It helps me to be in a good shape, besides I am a great tennis-player!

**3d student:** It's common knowledge that physically inactive people get older earlier than those who have plenty of exercises. No doubt, that if you do daily exercises you feel refreshed & never feel tired. As for me I want to be always young & healthy. I play football well. It's a terrific exercise for me. It helps me to forget the problems, gives an opportunity to relax completely.

**4th student:** Well... I dance! I dance everywhere! I don't like gyms. Party is the best exercise for me!

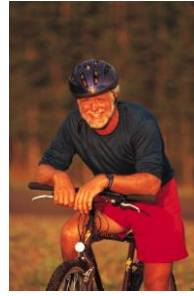
**Teacher:** Thank you for your answers! You are right that physical activity is an essential part of life of those who dream to be always young, as it helps to be more disciplined, organized, quickens one's reaction, sharpens the wit, helps to keep fit and prepares for future work. And it goes without saying that *physical activity has no any boundaries*. People of all races & nationalities, of all social statuses can be active & energetic. Age is also not a problem! The young & the old can find their own way to be active. So let's prove that *physical activity has no boundaries*.

On the black-board you can see a sweet baby, 2 middle-aged people & a rather old lady. There are a lot of cards below them. Now try to find what these people can do to be active according to their age.

(Трое участников выбирают карточки с картинками и крепят их к изображениям людей на ватмане. Всего ок. 50 карточек с названиями и картинками) Например:



Football



Cycling



Tennis



Fitness,shaping



Weight-lifting



Badminton



Skiing



Golf



Basketball



Fishing



Domino



Morning Exercsices



Volleyball



Diving





Relay race



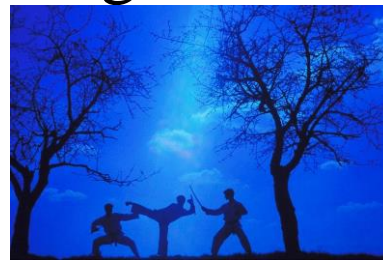
Chess



Building Sand Castles



Yachting



Judo

And so on.

**Teacher:** Well you did it perfectly! Now comment on your choice.



(Каждый из выполнивших задание комментирует свой выбор)

**Teacher:** Now I believe that we have proved that physical activity has no any boundaries. You were really great in theory but let's prove it in practice! Please, stand up & move your body!! All we need is music!

(Играет зажигательная музыка и 2 девушки приглашают всех повторять за ними не сложные упражнения).

**2 girls:** Do it like we do! Do it better then we do!



**2 girls:** Thank you! It was really superb! What do you feel now?

**1<sup>st</sup> student:** I feel refreshed. It is a good exercise to keep fit, especially for us, sitting much at school. It raises my mood.

**2<sup>nd</sup> student:** Nice break! It helps to avoid stress & it's a good change! I think it's necessary to combine physical & mental activities.

**Teacher:** The next task for you. Imagine that you are journalists. You will be given two titles for your articles. You may choose any you like. But they are opposed to each other. You have 10 minutes.

(Раздать листочки с заголовками статей.)

**EVERY DAY IS A HOLIDAY  
WITH SLUGGARDS**



**PHYSICAL ACTIVITY is  
THE SALT OF LIFE**



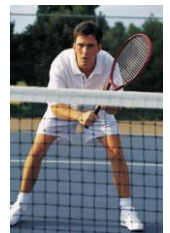
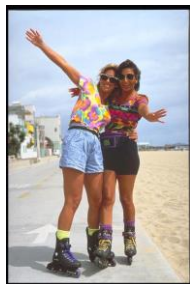




**Teacher:** Well, I see that you are ready. Let's read your articles.

(Участники зачитывают свои статьи. Задают вопросы. А затем размещают статьи на общем ватмане "We are journalists". Статьи смотри в приложениях.)

**Teacher:** Most of you have chosen an active way of life. And it's great! But still there are so many people who don't know what they should do to keep fit. Let's advice these people what they *should* and *shouldn't* do in order to be in a good form & humour. (все по очереди пишут свои советы маркерами на ватмане в две колонки, а также размещают приготовленные картинки)





Возможные варианты советов:

You should	You shouldn't
<ul style="list-style-type: none"> <li>• Attend PT lessons at school</li> <li>• Eat healthy food</li> <li>• Go in for sport</li> <li>• Take a contrast shower daily</li> <li>• Do morning exercises</li> <li>• Sleep enough</li> <li>• Jogging in the morning</li> <li>• Strolling in the open air</li> <li>• Move as much as possible</li> <li>• Harden your body</li> <li>• Dance a lot</li> <li>• Smile a lot</li> <li>• Walk on foot instead of using a car, bus</li> <li>• Rest actively</li> <li>• Air your room regularly</li> <li>• Keep your body clean</li> <li>• Make love</li> <li>• Control your weight</li> <li>• Attend a gym</li> </ul>	<ul style="list-style-type: none"> <li>• Drink alcohol</li> <li>• Smoke</li> <li>• Use drugs, pills</li> <li>• Overeat</li> <li>• Use the lift</li> <li>• Be gloomy &amp; pessimistic</li> <li>• Keep late hours</li> <li>• Use the computer for many hours</li> <li>• Be passive &amp; lazy</li> </ul>

**Teacher:** Well, you were really great in making a recipe of being fit. Thank you all for being active. Have a nice day & good luck!

Приложения.

**Physical activity is the salt of life.**

It's cool & great when you feel your blood running in your veins. I don't understand people that don't like & don't do sports. There is always a kind of sport that will suit you & there are many kinds of physical activities to choose from.

Sport helps us to live. It helps to be fit, strong & quick. Helps us to adapt to our difficult life & also helps to choose the way of life. So let's do sports every day, let's run, jump, have fun!

**Helen, Grodno, school №9**

**Physical activity is the salt of life.**

Normal life is connected with school & work. And after hard work it's necessary to change activity, especially if you work mentally. So physical activity can be a good way to forget the problems of everyday life & to meet your friends or new people.

Physical activity breaks the habits & it is the salt of life as it makes people feel refreshed, gives energy, permits being happy just for a moment or even forever.

**Mathilda, Limoges**

**Physical activity is the salt of life.**

Sport is one of the most popular spare time activities of young and old people all over the world. The main purpose of sport is enjoyment. You don't need to be good at sports to enjoy them. Sport helps us to keep fit & be healthy, to feel good, look slim & stay young, to have a sound mind in a sound body. Sport makes people more organized & better disciplined. It distracts people from bad habits such as taking drugs, drinking alcohol & smoking. So, sport & physical activity are absolutely necessary for every person in everyday life.

**Evgenij, Grodno, lyceum № 1**

**Every day is a holiday with sluggards.**

Imagine that it is cold, the wind is blowing, it is raining hard & it's rather gloomy. But at home it's so warm & cosy. Why should I go training? It'll be better to stay home, lying on the sofa, watching TV & having a snack from time to time. Sport is available at home as well! You needn't go to the stadium. Switch TV & enjoy the performance!

**Victoria, Grodno, school № 13**

**Every day is a holiday with sluggards.**

I can't say that I'm a sluggard, but I don't like sport & all activities which are connected with it. I'm not an active person. I prefer to spend my time in another way. Having fun with friends, cooking, reading books, writing poems, watching TV, drawing...there are so many ways of making your day a holiday without physical activity.

Sure, sport is good for some people, it's their necessity. But more than 40% of citizens of Belarus are sick & they can't endure physical pressure. If I try to do sports it can damage my health, as I'm not healthy completely. It's better for me to lead a more or less passive way of life. Besides in our modern life people are so busy with earning their living that they are always lack of time.

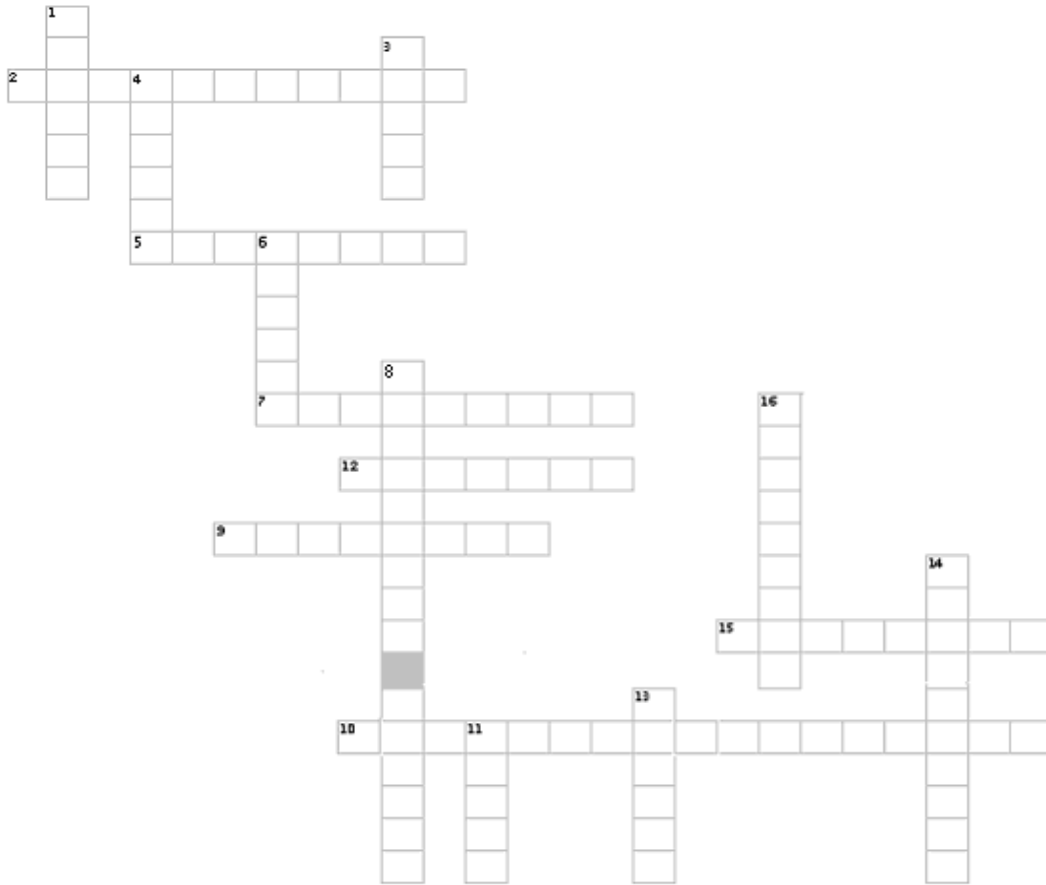
**Diana, Grodno, lyceum № 1**

## **LA VIE SAINE**

### ***Questions et réponses***

- 1) Comment s'appelle une maladie infectueuse qui attaque les gens le plus souvent en hiver ? (*grippe*)
- 2) Comment s'appelle une période pendant laquelle la maladie « couve » ? (*d'incubation*)
- 3) Quand l'homme est malade, il sent la faiblesse dans tout le corps, il a souvent les jambes de ... (*coton*)
- 4) Ce fruit est riche en vitamine C ; c'est une arme efficace contre le refroidissement. (*citron*)
- 5) Ce genre de sport est très utile pour la colonne vertébrale ; il aide les gens à maigrir. (*natation*)
- 6) Les gens qui veulent être en bonne santé n'en prennent jamais. (*alcool*)
- 7) Les sportifs les déchirent souvent. (*ligaments*)
- 8) Comment s'appelle le phénomène suivant : les personnes qui ne fument pas sont exposés aux mêmes risques que ceux qui fument ? (*tabagisme passif*)
- 9) Ce médecin examine les yeux des gens. (*oculiste*)
- 10) Une surcharge du poids peut provoquer ces maladies. (*cardiovasculaires*)
- 11) Les gens qui veulent maigrir suivent ce régime alimentaire. (*diète*)
- 12) Ce légume est riche en vitamine A ; il améliore la vue. (*carotte*)
- 13) Les fumeuses ont le plus souvent cette maladie. (*cancer*)
- 14) Ce médecin fait souvent des opérations. (*chirurgien*)
- 15) C'est une prédisposition génétique à certaines maladies. (*hérédité*)
- 16) Les malades les prennent pour se rétablir le plus vite possible. (*comprimés*)

# LA VIE SAINTE



Elisaveta Antonovitch  
Élève de 10 "D"  
École №9  
Grodno 2008

## WE ARE WHAT WE EAT

**Participating in the project “Healthy Way of Life”, we realized that one of the greatest problems of our health is the way we eat. At our section we discussed the problem of healthy eating. Students from the lyceum and other Grodno school took part in the section and made their impact into its productive result. Hereafter we present you a scenario of our section.**

T: Good afternoon, dear students, teachers and our special guests from France. Welcome at our section where we will be speaking about something we neglect too often – healthy nutrition and eating habits. We are going to show you the way to a life of eating pleasure without sacrificing the health of mind and body.

### **1. Jigsaw Sayings ( 3min.)**

T: First of all we want you to form 4 subgroups to match the sayings with their Russian equivalents. (4 groups of students are formed)

P1: To lengthen your life, lessen your meals. (Чтобы удлинить жизнь, укороти еду.)

P2: Of soup and love the first is the best. (Между супом и любовью суп побеждает.)

P3: Anything pleasant in this world is either illegal or immoral or leads to obesity. (Все приятное в жизни либо нелегально, либо аморально, либо ведет к ожирению.)

P4: An apple a day keeps the doctor away. (Яблоко в день сохраняет здоровье )

### **2. Ice-Breaker ( 5 min.)**

T: We are very interested in your expectations of our section’s work and ask you to have a kind of discussion on the following points:

What I know (about eating)

What I would like to know

What my peers know

What my peers would like to know

You have some minutes to discuss them in your groups. You may also use the following charts to make notes (the teacher distributes the charts) and then one student from each group is going to present the results of your group’s discussion.

P1: ...

P2: ...

P3: ...

P4: ...

### **3. Fat & Happy McWorld (presentation - 6min.)**

T: McDonald’s restaurants are spreading over the globe. Dining on fast food has become a way of life for millions of people. What is it about eating on the run that

so many people find appealing? Two of our lyceum students are going to provide you with some food for thought by telling you about the potential dangers of eating fast foods.

#### **4. Eating Habits Survey (computer presentation – 3 min.)**

(the teacher presents the results of the survey)

T: The results of the survey among the lyceum students showed that though we are far from the developed countries of the world, we don't eat as we should... For instance, some students skip breakfast which is the most important meal of the day, don't eat enough fruit and vegetables, consume too much fried or pre-packaged food.

#### **5. Anti-ads ( 4 min.)**

A) Lyceum students act out their anti-ad

B) Computer presentation of an anti-ad by students from Gymnasia №5

#### **6. Food Combination (computer presentation – 3 min.)**

T: We hope you have had enough illustrations of unhealthy eating habits and you want to change something in your food anticipation. A student of the lyceum with her Food Combining Chart will teach you how to do it properly. (the student presents the chart)

#### **7. Pyramid (computer presentation – 1 min.)**

T: Besides tips on healthy eating you've got an opportunity to have a look at the Pyramid "What is the correct way of eating?" where you can learn:

- a) why breakfast is so important;
- b) how vegetarians can substitute meat or milk;
- c) what cholesterol is;
- d) why we need fluid in our bodies

(the teacher presents the diagram)

#### **8. Interactive Group Work**

##### **A) Eatwell/Eatworse Plate (8 min.)**

T: The formula for healthy eating cannot be put into words – it can only be practised. To show what you've learnt from our section's work we ask you to make collages 'Eatwell/Eatworse Plate' using the pictures of various foodstuffs.

(the students make collages and present them)

##### **B) Ten Commandments ( 4 min.)**

T: Now think of some tips on healthy eating which we are going to call 'Ten Commandments'.

(students write down their commandments on strips of paper and stick them to the blackboard)

##### Ten Commandments

1. Pay attention to what and where you eat.
2. Replace fast food with healthy home-cooked meals.



3. Educate your stomachs by eating sensible food.
4. Eat breakfast every day.
5. Avoid stress while eating.
6. Chew your food slowly.
7. Eat a lot of fruit and vegetables.
8. Abstain from eating a lot of meat and high-fat food.
9. Do not eat much sugar.
10. Eat about six small healthy meals throughout the day.

### **9. Kissel (3 min.)**

T: As we've been speaking about healthy food we decided to treat our foreign guests with an example of a traditional Belorussian dish – very delicious and health-giving home-made kissel. (all the participants of the section help themselves to some kissel with jam)

*We wish you good health!!!*

## **RESTAURATION RAPIDE OU NOURRITURE SAINE ? ( ce que les jeunes bélarusses et français en pensent)**

### **POUR :**

1. « Chacun fait ce qu'il veut. Je ne suis pas particulièrement contre. Ca peut dépanner de temps en temps, mais il faut éviter ce genre d'endroits trop souvent, car c'est pas bon pour la santé. De plus leur personnel est très agréable. »

**Brice, Limoges**

2. « J'y mange parfois, et je n'en meurs pas. Mais c'est tout de même un peu cher. Pourtant c'est intéressant pour les enfants, pour qu'ils puissent aller s'amuser avec d'autres enfants. »

**Nastya, Grodno, école №9**

3. « J'adore le fast food, c'est savoureux. Je mange un sandwich ou des frites et bois du coca surtout quand j'ai faim. Je sais que c'est très mauvais pour la santé mais je m'en fous s'il me tuera ! »

**Dacha, Grodno, gymnase № 5**

### **CONTRE:**

1. « Etant une habituée de la gastronomie, je suis tout à fait contre car personne ne sait quels ingrédients on peut y trouver à l'intérieur. Je pense que c'est dégoûtant ! C'est très facile pour les gens de manger trop de fast food parce que c'est bon marché et vite, mais ce n'est pas possible d'avoir la nourriture bon marché, qui est vite, pas chère et , en plus, bonne pour la santé. »

**Nastya, lycée №1**

2. “ C’est pas dans mes goûts. C’est lourd à digérer.C’est étonnant comment ce qui fait grossir nous attire. »

**Alena, gymnase №5**

3. “ Je pense que le fast food est un phénomène de mode. Les jeunes y vont très facilement parce que “ ça fait bien”. Mais malheureusement les repas composés essentiellement de hamburgers et autres sont rarement équilibrés. Donc, je suis plutôt contre .»

**Artem, école № 9**

4. “ Tel genre de repas est pour les personnes grosses, qui n’aiment pas leurs corps. D’ici quelques ans toutes les personnes qui mangent le fast food auront le problème de trop de cholestérol dans leur sang. Probablement tout le monde sera obèse. »

**Victor, Limoges**

## **HEALTHY WAY OF LIFE**

***Health is the thing that makes you feel  
that now is the best time of the year.***

**Franklin Pierce Adams**

A wise man said, “Never hurry. Take plenty of exercise. Always be cheerful. Take all the sleep you need. You may expect to be well.” Actually these are the basis of our health. I would add to this list of advice healthy eating habits.

Everybody knows we are what we eat. Healthy eating habits do not mean giving up all your favourite food; it is all about choosing food wisely and preparing meals in a healthier way. It is very important to include various products into your menu, such as dairy products, starchy products, fruit and vegetables, meat, fish, eggs to ensure your body gets all the necessary vitamins and minerals. Usually people call it a healthy well balanced diet. You can improve your diet by eating smaller portions, especially at night.

But nowadays trying to follow all the necessary recommendations of our doctors we face one more problem – genetically modified food and products made of trans-fats, artificial ingredients and pesticides, which are very harmful for our health.

Not long ago I came across one more interesting fact about food: the food you eat can have a drastic effect on how you feel. For example, chocolate can lift your spirits and make you feel happier. The high fibre food can make people feel positive, energetic and think quicker. Nevertheless there is food that can make us sad, anxious and prone to panic attacks. This group of products includes coffee, eggs, sugar and something else which is used in unreasonable quantities.

Good eating habits are not enough to be fit. A considerable ingredient of a healthy way of life is sport and exercising. Sports develop force, dexterity and accuracy. Going in for sport helps us not only to preserve good physical health but also to breed up a strong character, to be better organized and better disciplined.

All kinds of sports are useful and healthy but it is not compulsory to go in for sports professionally. Doctors say that twenty minutes' exercise three times a week is all you need to be fit. Regularly walking the dog around the block, raking leaves, going on short distances on foot, taking the stairs instead of elevators can be considered as exercising. The advantages of being fit are evident. Fitness reduces the risk of different diseases and illnesses, makes you feel healthier, more positive and optimistic, helps you to avoid obesity and gives you strength and energy so that you don't get tired easily.

Health concerns not only physical but also emotional well-being. Positive emotions are healthy, prolong life, make living pleasant and feel good. I have read about a researcher at the University of California at Los Angeles who found a direct link between the nervous system, the immune system and other functions of our body. People who are optimistic have more control and a better handle on life, live longer, persevere more, have more friends and generally are happier. Look around and you will find a lot of vivid examples to prove these statements.

Speaking about healthy way of life I can not bypass the question of ecology. Our Earth is our home. We should take care about our home. We want to breathe fresh air, to eat natural products, to drink pure water, to enjoy the beauty of our nature so as to be inspired by it for our creative work for the benefit of other people. Probably this is something we direct our intentions to. Let us think about the synergy that can exist between what is good for us as individuals and what is good for our planet. In almost every case, what is good for you is ultimately good for our society and good for our world.

It is quite evident that if you want to be able to enjoy all aspects of life and live a long productive life, good health is the only solution. Being healthy will allow you to gain knowledge and skills, do excellent work, be valuable and helpful to others.

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## VIVRE UN STRESS

**Professeur :** Chacun possède une vision de la réalité qui lui est propre, cette vision des choses est en grande partie conditionnée par son histoire personnelle. C'est pour cela que personne ne réagit de la même façon face à un même événement. Autrement dit, ce n'est pas l'événement lui-même qui « décide » de l'importance du **stress** vécu, mais plutôt l'idée ou la perception que nous en avons.

Une personne anxieuse ou angoissée, ou qui manque de confiance en elle subira, c'est évident, un **stress** beaucoup plus important lorsqu'elle devra affronter certains événements qui risquent de la confronter à ses doutes quant à ses propres capacités, qu'une autre qui jouira d'un plus grand aplomb dans la vie. Autrement dit, tout ce que nous entreprenons, la manière de gérer les situations **stressantes** auxquelles nous sommes confrontés, l'intensité et l'importance de notre réaction ou notre capacité à garder notre calme devant ces dits événements, et de trouver des solutions adaptées si nécessaire, dépend en premier lieu du rapport que nous avons avec nous même et de l'appréciation consciente ou non que nous avons de nous mais aussi de la perception que nous avons de l'événement **stressant** en question.

*Maintenant vous avez le temps de dessiner le stress tel que vous le voyez. Organisez-vous en 3 groupes et que chacun prenne un crayon ou un feutre et nous fasse voir sa propre vision du stress. ( Участники изображают свои ассоциации со словом « стресс», а затем всё изображённое обсуждается, выбираются лучшие варианты.)*

**Professeur :** Le stress peut avoir de réelles conséquences fâcheuses sur votre santé, ne le négligez pas. Savez-vous que le stress est à la base de 90% des maladies, soit comme facteur déclenchant, soit comme un facteur aggravant ?

**Avez-vous symptômes de stress ?**

Examinez cette liste, et si vous reconnaissez plusieurs de ces symptômes, il y a de fortes probabilités que vous viviez un état de **stress** et qu'il est sûrement nécessaire de faire quelque chose.

- Vous sentez-vous souvent fatigué ?
- Avez-vous tendance à avoir du mal à vous endormir ?
- Ou vous réveillez-vous souvent la nuit ? Votre sommeil est-il agité ?
- Et si vous dormez bien avez-vous le sentiment que votre nuit ne vous a pas permis de vous récupérer complètement de la journée de la veille ?
- Avez-vous des **angoisses** régulièrement ?

- Sentez-vous parfois **déprimé** ?
- Souvent **agité(e)** ?
- **Tendu(e)** ?
- **Nerveux** (e) ?
- **Anxieux** (e) ?
- Irritable ?
- Avez-vous des migraines ou maux de tête sur lorsque vous êtes au repos ?
- Vous sentez-vous « saturé » ?
- Eprenez-vous souvent un raz-le-bol ?
- Avez-vous du mal à vous concentrer ?
- Vos pensées sont-elles confuses ?
- Avez-vous fréquemment des trous de mémoire ?
- Des absences ?
- Un défaut d'attention parfois ?
- De la difficulté à trouver vos mots ?
- Eprenez-vous un **mal-être ou des oppressions** ?
- Tombez-vous facilement malades (rhumes à répétition par exemple) ?
- Vous sentez-vous **démotivé** ?
- **Manquez-vous de confiance en vous** ?
- Ou d'**estime de vous-même** ?
- Avez-vous de la peine à vous **relaxer** ? Vous sentez-vous désorganisé ?
- Faites-vous souvent des erreurs ?

### ***Le stress, ça provoque quoi ?***

Il y a plusieurs types de conséquences du stress :

- les réactions psychologiques : La personne est très vite irritable, elle perd toute confiance en elle, se sent moins motivée, peu avoir des pertes de mémoire, de concentration ou de créativité, elle commet aussi plus d'erreurs.

- les réactions physiologiques : Ces réactions au stress sont appelées des réactions phylogénétiques, héritées de l'évolution de notre espèce. Lorsqu'une personne est stressée, il se passe en elle des réactions hormonales assez complexes. Tout d'abord, il se produit la libération des "hormones du stress" (adrénaline et noradrénaline) qui aident l'individu à surmonter l'obstacle. Ensuite, si la situation qui provoque le stress n'est pas résolue, le corps produit des hormones cortico-surrénales qui servent à favoriser l'endurance et la résistance de la personne concernée. Mais, une trop grande concentration de stress provoque des réactions assez désagréables : troubles du sommeil, fatigue, tensions musculaires... C'est pourquoi il faut savoir rester zen !

- les réactions comportementales : C'est bien connu, lorsqu'une personne est stressée, les gens qui l'entourent le remarquent à sa façon de se comporter. En effet, une personne stressée agit avec urgence, ses gestes sont vifs, précipités. Parfois, la personne peut même être agressive ou se mettre à boire et à fumer.

### **EXISTE T'IL UN BON ET UN MAUVAIS STRESS ?**

La réponse est simple : non !

Il n'existe pas de bon **stress** parce qu'alors il ne s'agit plus de **stress** mais d'une mobilisation naturelle de nos ressources qui débouche sur une réponse satisfaisante pour la personne.

Il s'agit d'un phénomène ordinaire d'adaptation. Lorsque l'on fait référence au "bon **stress**", on pense souvent au cas de personnes qui s'engagent clairement et consciemment dans une situation impliquant de leur part une mobilisation de leurs ressources pour atteindre un objectif précis, comme un défi à relever par exemple. Ici la personne se trouve face à une situation pleinement acceptée dont les implications sont reconnues.

## **LES DIFFÉRENTES FORMES DE STRESS**

### ***Le stress aigu :***

il est la forme de **stress** la plus évidente car il apparaît immédiatement au moment où un événement brutal se produit, une explosion par exemple, un bruit violent, une situation d'urgence qui va produire une brusque mobilisation de nos ressources. Dans le cas d'un accident les **effets du stress** peuvent se ressentir longtemps après, on parle alors de **stress post-traumatique**.

### ***Le stress "ordinaire" :***

Est quant à lui lié aux événements, aux conditions ou au mode de vie de la plupart d'entre nous : exigences familiales et/ou professionnelles, contexte (bruits ...), exigences personnelles (pression) qui peuvent sur le long terme entraîner une "usure" de nos fonctions d'adaptation et entraîner un sentiment, souvent exprimés par beaucoup, d'être "saturé".

*Nous allons présenter le stress chez les ados. Je vais vous diviser en 2 groupes. Le premier groupe nous présentera l'adolescent d'aujourd'hui. Le devoir du second groupe est de nous montrer les causes du stress. ( Задание включает в себя следующие этапы: 1)обсуждение проблемы в группе; 2) изображение идей в виде мини-проекта; 3) защита мини-проекта.*

### ***Les résultats de l'activité :***

#### ***L'adolescent d'aujourd'hui, comment est-il ?***

Il est introverti . Il est souvent timide et a du mal à s'exprimer en société. Il se replie sur soi et a du mal à adapter son comportement aux autres. Il est assez angoissé. Il s'oppose à tout. Ce n'est surement pas facile à vivre mais l'adolescent essaie de se forger sa propre identité. Les parents ne sont plus l'unique repère. Bien souvent passagère, cette attitude est très classique. Il faut prendre son mal en patience. Il fait la tête, il pleure pour un oui ou pour un non. L'adolescent peut avoir des inquiétudes passagères ou un coup de " blues ". Il a alors du mal à prendre de la distance par rapport à ses soucis. Il ne faut pas oublier que les moments de cafard sont monnaie courante à cette période. Il faut en revanche s'inquiéter si ce comportement persiste pendant plus de quinze jours : il peut être le symptôme d'une dépression. Il ment. Mentir occasionnellement est un comportement normal.

Pendant la longue période d'adolescence, les ados suivent des cours et ceux-ci peuvent causer une certaine pression, donc un phénomène proche du stress.

Voici quelques catégories dans lesquelles nos chers ados manquent d'assurance :

- **Les stress des devoirs** : les ados ont plusieurs activités durant la semaine et les devoirs et leçons peuvent être stressants.

- **Examens** : quand on a les examens, on a peur d'échouer et de ne pas réussir l'année. Ou ne pas être admis/e dans une école à cause de l'examen d'admission. D'être refusé/e dans une entreprise, car les notes ne sont pas suffisantes ou l'attente d'une réponse par un patron pour une place de travail.

- **L'amour** : c'est une grande étape dans la vie des ados. Leur corps qui change. Certains jeunes ont peur de l'amour ou de tomber amoureux ; de rencontrer quelqu'un qui leur correspond. Ce changement de vie soudain peut entraîner peu à peu un certain stress.

- **Relations parents-enfants** : dans certaines familles, le stress est permanent. La mère et le père travaillent, les enfants ont l'école et ceux-ci veulent plus de liberté donc sortir plus souvent. Le problème est que les parents ne les laissent pas sortir, donc crise d'angoisse, prise de tête. La famille n'a parfois plus de lien avec l'ado, enfin pour un certain temps. Cette relation tendue entre parents et enfants est dûe à un manque de confiance qui peut aussi provoquer une sorte de stress dans la vie d'une famille de tous les jours.

- **Ados fumeurs** : il y a une grande majorité d'ados entre 12 et 16 ans qui sont victimes de la fumée. La cigarette nuit gravement à la santé. On sait bien que les personnes qui fument deviennent vite dépendantes. Si elles n'ont pas leur cigarette comme d'habitude, elles deviennent stressées, tremblent de tous leurs membres et deviennent agressives. La cigarette tue ! Réfléchissez aux conséquences avant d'agir.

- **Activités sportives** : ces activités peuvent aider les adolescents pendant leur période de stress. Les ados qui sont souvent victimes de stress ont quelque part besoin de se relâcher, d'exprimer la rage, la colère qui bout en eux. On aimerait juste leur dire qu'il y a des sports pour eux qui peuvent les aider à gérer ce phénomène étrange. Comme la course, essayer d'enfiler des baskets et aller courir un peu ! Rester calme prenez une grande respiration vous verrez ça marche.

#### *Que faire pour combattre le stress ?*

Quelques gestes du quotidien peuvent améliorer la vie des personnes stressées :

- bien respirer pour se calmer et améliorer la ventilation-se détendre en relâchant les muscles de la mâchoire, des épaules et de la nuque ;

- penser à quelque chose d'agréable, un lieu où l'on se sent bien, en sécurité. Il est également fortement recommandé de pratiquer régulièrement une activité physique et/ou intellectuelle. Elle permet d'évacuer la tension du quotidien. Une heure par jour suffit : du yoga, une séance de thérapie... Il est primordial de s'accorder du temps : téléphoner à quelqu'un, discuter, lire... Le point primordial est aussi d'accepter le fait d'être stressé : ça n'est pas une faiblesse ;

- avoir des pensées toujours positives.

*Учитель предлагает несколько интерактивных игр для борьбы со стрессом:*



- *Похвали себя. Участники садятся в круг. Цель задания : рассказать о своих способностях и талантах, своих достижениях, показать, как ты любишь себя.*

- *Борись с эмоциями. Упражнение : своё напряжение вложить в комканье газетного листа, а сделав комок, бросить его в стену или забросить как можно дальше, при этом представляя, что данный комок- это весь негатив, накопленный за последнее время.*

- *Найди хорошее в плохом. Участники пытаются найти в своих неудачах положительный момент.*

*Les Français parlent d'eux-mêmes( idées positives):*

**1-ier élève:**« Moi, ce sont mes paroles polies et douces, grossières et capricieuses. Moi, ce sont mes actes bons et mauvais. Il est dans la nature de l'homme de se tromper. Moi, ce sont mes sentiments, je suis tout ce que je sens. Je suis homme, rien de ce qui est humain ne m'est étranger. J'aime la vie ! »

**2 -ième élève :**

« Je sais bien que l'impossible n'existe pas. Et je ferai tout mon possible pour être heureux ! »

**3-ième élève :**

« Dans l'univers il n'y a personne comme moi. Moi, je suis ce que je suis. »

**4-ième élève :**

« Je suis un bon ami et je sais bien que je peux compter sur tous mes amis aux moments difficiles de ma vie. Je sais aussi que je trouverai mon amour. »

**5-ième élève :**

« Moi, c'est mon corps et mon apparence ,et je suis unique dans le monde. Je sais ne pas gaspiller ma santé et je lutte contre les mauvaises habitudes. »

**6-ième élève :**

« Je sais bien employer mon temps et choisir entre les études et le repos. Moi, ce sont mes victoires et mes succès, mes échecs et mes fautes. »

**7-ième élève :**

« Moi, ce sont mes pensées et mes projets qui vont se réaliser. Je sais que tout sera mieux qu'aujourd'hui. »

**IF YOU WANT TO KEEP YOUR HEALTH FOR MANY YEARS YOU SHOULD OBEY SOME SIMPLE RULES:**

- **Remember: we are what we eat. Try to choose healthy food. Fruits and vegetables are ideal.**
- **Never eat at night and avoid fat and sweet food as they cause obesity, which is a reason of heart diseases.**
- **Never skip breakfast and never snack between meals. It will help you to avoid gaining weight.**
- **Remember: bad habits are extremely dangerous for your health.**
- **Smoking causes lung cancer and it is easier to start to smoke than to give it up.**
- **Taking drugs and alcohol destroy your mind and body. You will not notice how you will become an addict.**
- **Do and play sports. It makes you strong and energetic. Keeping fit is very trendy today.**
- **Have a regular lifestyle. Remember a proverb: “Early to bed and early to rise makes a man healthy, wealthy and wise”.**
- **Never use transport if it is possible to walk.**
- **If you live in the city, have a rest out of it more often, as it is a brilliant opportunity to breathe fresh air.**
- **Air your room before sleeping and don’t forget to do morning exercises.**
- **Remember that losing health is easier than to restore it. Think about it now, till it is not too late!**

**And we wish you strong health for many years!**