
Life Skills
Video Practice
Stand Out Basic Unit 6

Ask your students the following questions to introduce the topic of the video they will watch.



A **BEFORE** **With a partner, take turns saying the words. Your partner should point to the body part they hear.**

arm	ear	eye	head	leg	mouth

Silent Viewing: Show the video in segments without sound so students can guess at the story line.

WATCH THE VIDEO WITHOUT SOUND AND TRY TO GUESS THE STORY.



Second Viewing: Show the video again so students can check predictions.

WATCH THE VIDEO WITH SOUND AND TRY TO RETELL THE STORY.



Ask your students to watch the video and complete the activity. Replay the video if needed.



B **WHILE** **Watch the video. Choose the advice the doctor gives Victor.**

- ☐ Don't smoke.
- ☐ Eat more vegetables.
- ☐ Go to bed earlier.
- ☐ Drink more water.
- ☐ Exercise.
- ☐ Take ibuprofen.

Check the correct answers with students.



B **WHILE** **Watch the video. Choose the advice the doctor gives Victor.**

- ☐ Don't smoke.
- ☐ Eat more vegetables.
- ☑ Go to bed earlier.
- ☑ Drink more water.
- ☑ Exercise.
- ☑ Take ibuprofen.

Ask your students to watch the video and complete the activity. Replay the video if needed.



C **AFTER** **Put the sentences in order (1–5) to make a conversation.**

_____ **Patient:** About five hours a night.

1 **Doctor:** How are you feeling?

_____ **Doctor:** How much sleep do you get?

_____ **Patient:** Not well. I'm tired all the time.

_____ **Doctor:** That's not enough. You should get at least seven hours a night.

Check the correct answers with students.



C **AFTER** **Put the sentences in order (1–5) to make a conversation.**

4 **Patient:** About five hours a night.

1 **Doctor:** How are you feeling?

3 **Doctor:** How much sleep do you get?

2 **Patient:** Not well. I'm tired all the time.

5 **Doctor:** That's not enough. You should get at least seven hours a night.

Select students. Have partners take turns performing the task. Check and correct anywhere possible.



MAKE A LIST OF FOUR COMMON UNHEALTHY HABITS.
REPLACE EACH UNHEALTHY HABIT WITH A HEALTHY HABIT.
EXAMPLE: SMOKING ≠ EXERCISE

Life Skills Video Scripts

UNIT 6 I've Got Lots of Stress

Dr. Badaoui: Good morning, Victor. How are you? **Mr. Sanchez:** Well, Dr. Badaoui, I'm not sure. That's why I'm here. **Dr. Badaoui:** I'm sure everything will be fine. Let's start by checking your vital signs. **Mr. Sanchez:** OK. **Dr. Badaoui:** Your heart rate is normal. Can you open your mouth and go "ahh"? **Mr. Sanchez:** Ahhh. **Dr. Badaoui:** Good. Now let me look inside your ear. **Mr. Sanchez:** What do you see? **Dr. Badaoui:** Everything looks fine. All your vital signs are normal. Tell me, what brings you in today? **Mr. Sanchez:** Well, I'm very tired all the time. I don't have any energy. **Dr. Badaoui:** Do you get enough sleep? **Mr. Sanchez:** I get about 5 hours of sleep every night. **Dr. Badaoui:** Five hours? That's not very much. **Mr. Sanchez:** I know, I know. **Dr. Badaoui:** What time do you go to bed? **Mr. Sanchez:** I usually go to bed about 11 o'clock. But I can't sleep because I think too much. **Dr. Badaoui:** What kinds of things do you think about? **Mr. Sanchez:** Oh, my job, problems at work, money, bills. I just think and think about everything. So, then I get up and watch TV. **Dr. Badaoui:** I see. Do you have any other symptoms? **Mr. Sanchez:** Sometimes I have headaches in the middle of the day. **Dr. Badaoui:** Do you take anything for these headaches? **Mr. Sanchez:** Yes, I take aspirin. **Dr. Badaoui:** How many aspirin do you take a day? **Mr. Sanchez:** I take about 3 aspirin a day, sometimes 5 or 6. **Dr. Badaoui:** You can take ibuprofen for your headaches too. **Mr. Sanchez:** Ibuprofen? **Dr. Badaoui:** Yes, it's a pain reliever. You can buy ibuprofen at the drug store. Just make sure you take it as prescribed. **Mr. Sanchez:** OK. So what do you think, doctor? Why do I have all these symptoms? **Dr. Badaoui:** Inability to sleep, headaches; These are symptoms of stress. **Mr. Sanchez:** Stress! You can say that again. I've got lots of stress in my life. So, what am I supposed to do about it? **Dr. Badaoui:** Having good, healthy habits can really help a lot. **Mr. Sanchez:** For example? **Dr. Badaoui:** Getting enough sleep is important. You should have at least 7 hours of sleep every night. Try going to bed a little earlier. Exercise can help you sleep, too. **Mr. Sanchez:** I haven't exercised in years. **Dr. Badaoui:** To start, try walking. Walking is an excellent form of exercise. **Mr. Sanchez:** I suppose I could do that. Why not? **Dr. Badaoui:** Try drinking more water too. You should drink at least six glasses of water every day. Drinking more water may help with your headaches. **Mr. Sanchez:** I'll try doing that. Thank you, Dr. Badaoui. I appreciate your help. **Dr. Badaoui:** Anytime, Victor. And please, call me if you still have any symptoms.