

You are going to listen to an interview with a university professor on how to manage stress. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, match the beginnings of the sentences (1-7) with the sentence endings (A–J). There are two sentence endings that you should not use. Write your answers in the boxes provided on the answer sheet. The first one (0) has been done for you.

After the second listening, you will have 45 seconds to check your answers.



## Helping children cope with stress

0	Children who are stressed ____.
1	Kids under stress may withdraw from others or ____.
2	Children who are afraid of something should ____.
3	Exam stress can be reduced if children ____.
4	To support their child's well-being parents can ____.
5	Parents need to tell their children they will ____.
6	Showing positive behaviour with animals will ____.
7	Parents who use overly emotional language can ____.

A	find a way to handle stress
B	create a safety net
C	help children overcome their fear
D	improve their time management
E	find a way to talk to their parents
<del>F</del>	do not sleep well at night
G	try relaxation techniques
H	intensify children's anxieties
I	experience physical effects
J	offer balanced meals

## Helping children cope with stress

0 <input type="checkbox"/> F	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>

*Von der Lehrperson auszufüllen*

richtig falsch	richtig falsch	richtig falsch	richtig falsch
	1 <input type="checkbox"/> <input type="checkbox"/>	2 <input type="checkbox"/> <input type="checkbox"/>	3 <input type="checkbox"/> <input type="checkbox"/>
4 <input type="checkbox"/> <input type="checkbox"/>	5 <input type="checkbox"/> <input type="checkbox"/>	6 <input type="checkbox"/> <input type="checkbox"/>	7 <input type="checkbox"/> <input type="checkbox"/>

\_\_\_ P.