Prueba de funcionamiento del primer semestre
Currículo académico funcional
English Grade 7
Listening Scripts

(Narrator): Listen to a selection about wellness. You will answer questions 1 through 3 based on this selection.

(Pause 2 seconds.)

(Narrator): Have you ever felt anxious, overwhelmed, or unable to keep up with your emotions? Try practicing the following exercises:

Deep breathing: inhale and exhale slowly.

Use your five senses: focus on what you can see, touch, smell, taste, and hear.

Mindful activities: try yoga, gardening, or walking.

Analyze your thoughts: ask yourself, will this matter tomorrow?

Recognize your emotions: write down your feelings, label them as positive or negative, and practice acceptance.

Get trained: ask for professional help to learn about strategies that can help manage emotions.

(Pause 2 seconds.)

(Narrator): Now answer the following questions.

(Pause 2 seconds.)

(Narrator): Look for question number 1. Now listen carefully to the question.

(Pause 2 seconds.)

(Narrator): After listening to the selection, what would someone **MOST LIKELY** do if they felt anxious?

(Pause 2 seconds.)

(Note: Pause 2 seconds between options.)

(Narrator):

A. train for a race

B. plan new activities

C. practice deep breathing

(Pause 2 seconds.)

(Narrator): Choose the letter of the correct answer.

(Pause 2 seconds.)

(Narrator): Look for question number 2. Now listen carefully to the question.

(Pause 2 seconds.)

(Narrator): You should practice wellness exercises when you are feeling —

(Pause 2 seconds.)

(Note: Pause 2 seconds between options.)

(Narrator):

A. hungry.

B. anxious.

C. positive.

(Pause 2 seconds.)

(Narrator): Choose the letter of the correct answer.

(Pause 2 seconds.)

(Narrator): Look for question number 3. Now listen carefully to the question.

(Pause 2 seconds.)

(Narrator): Why should you write down your feelings?

(Pause 2 seconds.)

(Note: Pause 2 seconds between options.)

(Narrator):

A. to use your senses

B. to analyze your thoughts

C. to recognize your emotions

(Pause 2 seconds.)

(Narrator): Choose the letter of the correct answer.

(Pause 2 seconds.)