

تم تحميل هذا الملف من موقع المناهج البحرينية



## Writing unit 2 stress

موقع المناهج ← المناهج البحرينية ← الصف الثامن ← لغة انجليزية ← الفصل الأول ← ملفات متنوعة ← الملف

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ملفات اكتب للمعلم اكتب للطالب الاختبارات الكترونية | اختبارات | حلول | عروض بوربوينت | أوراق عمل  
منهج انجليزي | ملخصات و تقارير | مذكرات و بنوك | الامتحان النهائي للمدرس

المزيد من مادة  
لغة انجليزية:

## التواصل الاجتماعي بحسب الصف الثامن



صفحة المناهج  
البحرينية على  
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

## المزيد من الملفات بحسب الصف الثامن والمادة لغة انجليزية في الفصل الأول

فقرات اللغة الإنجليزية

1

اختبار تجريبي

2

قواعد اللغة الإنجليزية

3

The Effects of worrying

4

Impact 2 - 1st semester- writing..

5

## Unit 2 Feeling Good ?

### Writing

### The positive effects of stress

### Report Layout

When we write a report, it's important to divide it into different sections. Then we introduce each section with a title and support what we write with examples

**Heading** a subject line which tells the reader what the report is about.

**Introduction** Include a brief introduction of what you are about to write.

**First point** To begin with, first, to start with, the first point, one type of stress... etc

**Second Point** Additionally, / Another way /in addition, /second way, furthermore... etc.

**Final point** The final way, Finally, the last point, the last way ,lastly, at last, ...etc

**Conclusion** You summarize and make some final comments

In conclusion, in the end, to conclude, all in all, to sum up ... etc

Please follow the criteria given below. Marking based on the criteria.

Accuracy	Appropriate	Organize	Task achievement	Total
-spelling mistakes -grammar mistakes - punctuation -capitalization	-Content should be related to <u>topic</u> . - proper reasons/points -number of words needed	- clear structure and format to guide the reader  -well organized points	-All requirements covered	

Criteria	Self-assessment
I wrote about all the points.	
I used the correct spelling.	
I used correct grammar.	
I punctuated well. (full-stops, commas, ----)	
I used capital letters when necessary.	

Sample # 1

To: Johnsmith

0.5

From: Alisa

Date: 30/10/24

The positive effects of Stress

0.5

When people hear the word stress, they usually think of something negative. However, this report shows that stress can have several benefits for the body and mind.

1

**To begin with**, there is a type of stress people feel when there is something important to do. For example, some students are stressed before a test. The stress might make them feel nervous, but it makes them feel focused too.

2

**Another way** stress benefits us is by keeping us healthy. Scientists who study stress learnt that a little stress strengthens the immune system. So, it's able to protect you from infection better.

2

**The final way** that stress benefits us is by helping us react to danger. If you see a car coming around the corner too fast, you might experience stress. This stress sends a message to warn your brain of danger, allowing your body to respond quickly.

2

**To sum up**, too much stress, in the long run, is bad for your mental health. However, in my opinion, I think that a little stress can be beneficial in our life.

2

## Sample # 2

To: Johnsmith

0.5

From: Alisa

Date: 30/10/24

### The Positive effects of stress

0.5

When people hear the word stress, they usually think of something negative.  
However, this report shows that stress can have many positive effects for the body, mind and emotions as well.

1

To begin with, there is a type of stress that affects the mind. For example, stress before exams helps us prepare efficiently to reach our goals.

2

Additionally, stress can affect the body greatly. For example, stress can make our immune system strong.

2

The final way, stress can also affect our emotions. It can help us react to danger. For example, if we see a car coming towards us on the road, the stress we experience makes us move from the way.

2

To sum up, too much stress is harmful to our bodies and minds. But the right amount of stress makes us more efficient, healthier and safer.

2