

*Join Speaking English*

The background of the central text area features a blue semi-circle. Inside this semi-circle, there are black silhouettes of two people standing and shaking hands. The text 'Topic Speaking Advanced' is overlaid on this graphic.

**Topic  
Speaking  
Advanced**

**TSA- LESSON 1**

일상의 주제부터 심도있는 다양한 주제에 대한 토론까지

# Lesson 1

Page

1

# Guess the word

Look at the **picture and the meaning** of the words. Try to guess what the word is

1



s ----

스트레스

2



s ----

시달리다, 고통받다

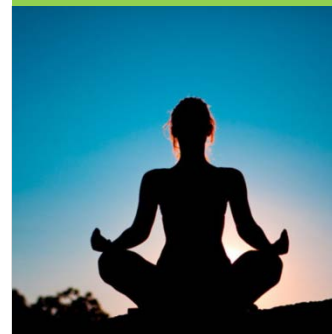
3



r ----

안도하게 하다

4



m ----

명상

5



c ----

편리한

6



a ----

활동

7



v ----

다르다,  
변화[변동]하다

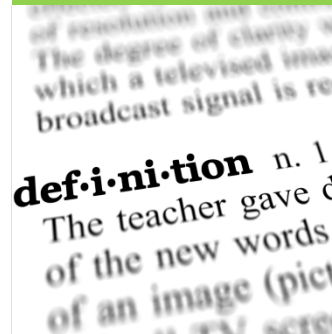
8



v ----

판, 버전

9



d ----

정의하다,  
명확히 하다

10



s ----

구체적인, 특정의

# Check & Make a story

Check the words if your guess is correct and try to **make a story** using them

1



stress

스트레스

2



suffer

시달리다, 고통받다

3



relieve

안도하게 하다

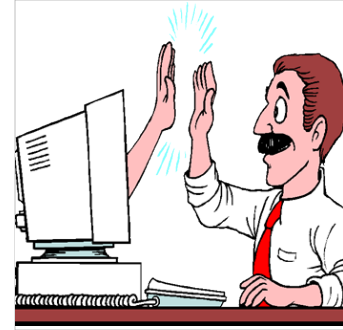
4



meditation

명상

5



convenient

편리한

6



activity

활동

7



vary

다르다, 변화[변동]하다

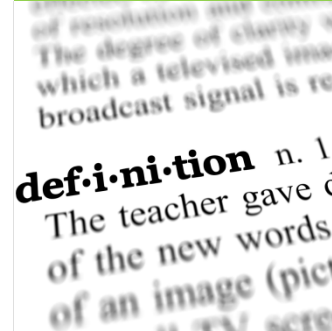
8



version

판, 버전

9



define

정의하다, 명확히 하다

10



specific

구체적인, 특정의



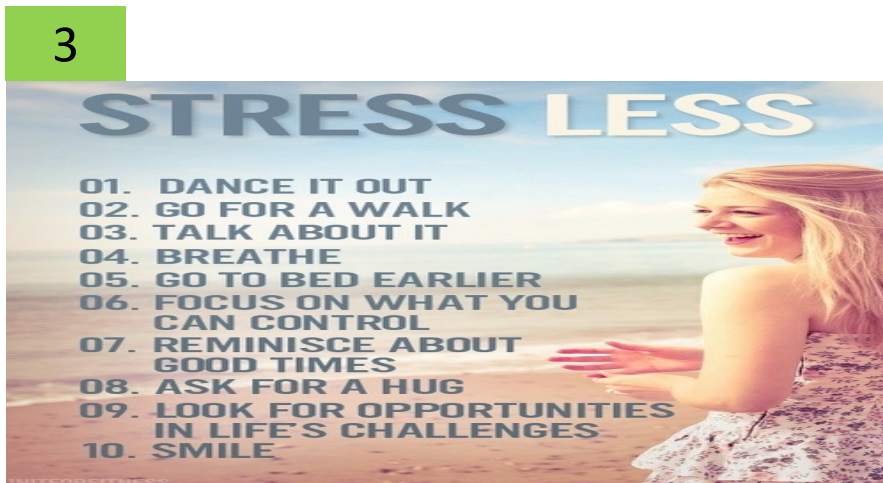
# Lesson 1

# Picture Talking – Are You Stressed Out?

Page

3

Look at the pictures, describe & talk about the pictures.



\*Answer the questions and **share your opinions** with the teacher.

## Topic Talk

A lot of people suffer from stress coming from school and work. Stress sometimes cause people to do almost everything fast, from driving fast to gulping down of food at meals. This is what we call "fast eating" which can lead to stomach problems and poor digestion of food. There are many methods in relieving stress, and one of them is thru meditation. A lot of research has shown that meditation reduces stress. But a lot of people say they don't have enough time to meditate because of their busy schedule. Another alternative way that people seek is going to the gym. In this way, they try to work out in their most convenient time.

## Vocabulary Words

stress  
suffer  
relieve  
meditation  
convenient

## Questions

1. What kind of stress do you have right now?
2. What causes your stress?
3. How do you deal with your stress?
4. What advice can you give to a friend whose undergoing stress?
5. What other activities you do to fight stress?





# Review the words

1



s ----

스트레스

2



s ----

시달리다, 고통받다

3



r ----

안도하게 하다

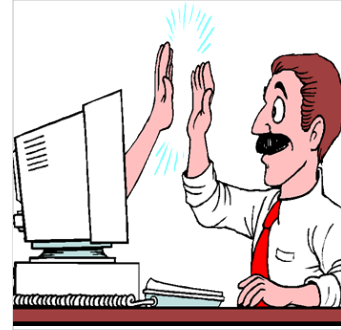
4



m ----

명상

5



c ----

편리한

6



a ----

활동

7



v ----

다르다,  
변화[변동]하다

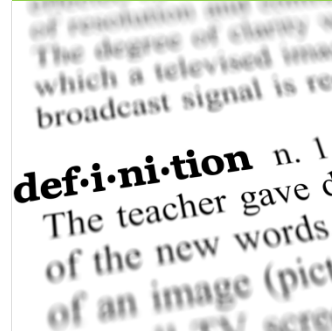
8



v ----

판, 버전

9



d ----

정의하다,  
명확히 하다

10



s ----

구체적인, 특정의