Confidence and Connections was developed by Intercambio Uniting Communities to offer practical English language acquisition for adults. The series was designed for both 1-on-1 and group learning environments.

The hallmark of this curriculum is its unique focus on building confidence and personal connections between students and teacher.

Each lesson culminates with a Connect with Conversation activity, providing students a safe place to practice speaking English while getting to know their fellow students and teacher. In addition, every lesson includes a pronunciation exercise to help students learn and practice the many sounds and rhythm of the language.

There are 2 books per level, L (left) and R (right), enabling shorter completion cycles per level. Completing a book builds student confidence and allows a shorter waiting period for a returning student. Together these two books, L and R, complete a level and you can begin with either one.

Build your community by teaching and learning English The Intercambio Way™.

Intercambio is a 501 (c) 3 nonprofit organization founded in 2001. In addition to our successful and continually advancing program in Boulder Colorado, we support and share best practices with organizations across the country that use our curriculum, training and resources.

We are committed to learning from everyone. Please share ideas or feedback with us at www.intercambio.org/comments

www.intercambio.org • resources@intercambio.org
Student Name____________________________________________________________
Teacher Name __________________________________________________________
Teacher Phone Number ____________________________________________________
Teacher E-mail ___________________________________________________________

I CAN LEARN ENGLISH   I WILL PRACTICE   NO EXCUSES

Want more practice? Go to: www.intercambio.org/students
2 Right
Confidence and Connections
Adult ESL The Intercambio™ Way

Intercambio Uniting Communities

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First Edition 2019
Thank you to the following organizations and agencies that support our work and made the development of Confidence and Connections possible.

3Metas
Argosy Foundation
Jacques M. Littlefield Foundation
Red Empress Foundation
Schocken Foundation
Workforce Boulder County
<table>
<thead>
<tr>
<th>#</th>
<th>Title</th>
<th>Grammar</th>
<th>Conversation</th>
<th>By End of Lesson, You Can:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>What’s He Like?</td>
<td>• Wh- questions with “like”, “do” and “look”</td>
<td>Share about family members and what they are like</td>
<td>• Talk about different family members and what they are like</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Ask about someone else’s family and what they are like</td>
</tr>
<tr>
<td>2</td>
<td>I Have a Cold</td>
<td>• Questions and answers with “have” and “to be”; short answers</td>
<td>What you do when you or family members are sick</td>
<td>• Describe different illnesses</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Talk about how you feel</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Ask if someone is sick</td>
</tr>
<tr>
<td>3</td>
<td>I Felt Lonely at First</td>
<td>• Describing feelings with adjectives</td>
<td>Discuss how you felt when you moved to the US</td>
<td>• Describe different feelings and emotions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Share about how you felt moving to the US</td>
</tr>
<tr>
<td>4</td>
<td>What Did You Do on Thanksgiving?</td>
<td>• Wh- questions in the simple past</td>
<td>Share about holidays and things you are thankful for</td>
<td>• Discuss things you did on holidays and other days of the week</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Share your favorite holidays and celebrations</td>
</tr>
<tr>
<td>5</td>
<td>It Has a Better View</td>
<td>• Comparatives</td>
<td>Compare places you have lived and what you liked about them</td>
<td>• Compare different kinds of houses</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Share about what your house is like</td>
</tr>
<tr>
<td>6</td>
<td>We Are All Out</td>
<td>• “How much” “do” questions with count and noncount nouns; some and any</td>
<td>Ask questions about items you have or need and how much or many of something you have</td>
<td>• Describe how much or many of something you have or need</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Ask questions about what you need, want to get or have</td>
</tr>
<tr>
<td>7</td>
<td>Their Food Is the Best</td>
<td>• Superlatives</td>
<td>Compare kinds of foods and what you like to eat</td>
<td>• Describe kinds of foods and how they taste</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Talk about your preferences and favorite kinds of foods</td>
</tr>
<tr>
<td>8</td>
<td>Review and Progress Check</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Field Trip</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>I Always Shop Online</td>
<td>• “How often”, questions with adverbs of frequency</td>
<td>Share kinds of shopping you do and how often you do it</td>
<td>• Talk about how you pay for things</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Share the kinds of shopping you do</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Talk about how often you do things</td>
</tr>
<tr>
<td>11</td>
<td>I’m Watching My Weight</td>
<td>• Wh-questions in the present continuous</td>
<td>Share about ways you stay healthy</td>
<td>• Talk about diet, exercise, habits and other things you do to stay healthy</td>
</tr>
<tr>
<td>12</td>
<td>My Bill Is Overdue</td>
<td>• “When” and “How much” questions in the simple present Ordinal number review</td>
<td>Compare types of bills and payments</td>
<td>• Talk about the kinds of bills you pay and when they are due</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Talk about how much something costs and if there are late fees</td>
</tr>
<tr>
<td>13</td>
<td>I’m Going to Email Him</td>
<td>• Wh- questions with “to be” in simple present Object pronouns</td>
<td>Talk about plans and actions with housing</td>
<td>• Tell plans about if you will fix something or call a landlord</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Write an email about issues in your home</td>
</tr>
<tr>
<td>14</td>
<td>I Like Both!</td>
<td>• “Which” and “do” questions Both/Neither + object pronouns</td>
<td>Comparing jobs and positions and what you prefer</td>
<td>• Compare job/volunteer positions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Talk about what you prefer using object pronouns</td>
</tr>
<tr>
<td>15</td>
<td>What Are You Up to This Weekend?</td>
<td>• Wh- questions in the present continuous (future meaning)</td>
<td>Discuss plans you have for the future</td>
<td>• Share your plans for the week</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Talk about places you go</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Ask what people are doing in the future</td>
</tr>
<tr>
<td>16</td>
<td>Review and Progress Check</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
WHAT’S HE LIKE?

Listening warm-up. Track 01: Look at the pictures and listen. Check what you hear.

VOCABULARY WORDS & PHRASES

Repeat after your teacher.

sister-in-law  brother-in-law  niece  nephew  handsome  funny
outgoing  hard-working  serious  patient  nice  pretty

PRONUNCIATION

Listen and repeat after your teacher. Underline the stressed syllable. Answer the question.

nephew  patient  pretty  funny  handsome

How many syllables do the words above have? _____.
VOCABULARY PRACTICE

Look at the pictures. Write the words next to each picture. Use each word in the boxes once.

<table>
<thead>
<tr>
<th>Who is it?</th>
<th>What do they look like?</th>
<th>What are they like?</th>
</tr>
</thead>
<tbody>
<tr>
<td>grandpa</td>
<td>young</td>
<td>outgoing</td>
</tr>
<tr>
<td>grandma</td>
<td>tall</td>
<td>serious</td>
</tr>
<tr>
<td>niece</td>
<td>pretty</td>
<td>athletic</td>
</tr>
<tr>
<td>brother-in-law</td>
<td></td>
<td>funny</td>
</tr>
<tr>
<td></td>
<td></td>
<td>hard-working</td>
</tr>
</tbody>
</table>

Who is it? **grandpa**
What does he look like? **tall**
What is he like? **funny**

Who is it? __________
What does he look like? __________
What is he like? __________

LISTENING

Listen again to Track 01. Check ✓ the correct answers.

<table>
<thead>
<tr>
<th>How old is he?</th>
<th>1. ☐ 8</th>
<th>☑ 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is he like?</td>
<td>2. ☐ outgoing</td>
<td>☐ shy</td>
</tr>
<tr>
<td></td>
<td>3. ☐ smart</td>
<td>☐ athletic</td>
</tr>
<tr>
<td>What does he like to do?</td>
<td>4. ☐ play sports</td>
<td>☐ play piano</td>
</tr>
<tr>
<td>What does he look like?</td>
<td>5. ☐ tall</td>
<td>☐ short</td>
</tr>
<tr>
<td></td>
<td>6. ☐ young</td>
<td>☐ handsome</td>
</tr>
</tbody>
</table>

LANGUAGE TOOLS

Listen to your teacher and repeat.

**QUESTIONS**

<table>
<thead>
<tr>
<th>What</th>
<th>is</th>
<th>your sister-in-law</th>
<th>like?</th>
</tr>
</thead>
<tbody>
<tr>
<td>are</td>
<td></td>
<td>you</td>
<td>like?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>your nieces</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What</th>
<th>does your grandpa</th>
<th>look</th>
<th>like?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>she</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What</th>
<th>do</th>
<th>they</th>
<th>look</th>
<th>like?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ANSWERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>He She</td>
</tr>
<tr>
<td>I They</td>
</tr>
<tr>
<td>He She</td>
</tr>
<tr>
<td>They</td>
</tr>
</tbody>
</table>
GRAMMAR PRACTICE

Complete the sentence or question. Use *is, are, am, does or do*.

1. Q: What **do** they look like?
   A: They **are** pretty.

2. Q: What ______________ she like?
   A: She ___________ hard-working and serious.

3. Q: What ___________ you like?
   A: I __________ friendly.

4. Q: What ___________ he look like?
   A: He ___________ tall and handsome.

5. Q: What ________ you like?
   A: We ________ outgoing and funny.

6. Q: What ____________ Sandra look like?
   A: She ___________ short.

Unscramble the questions. Ask your partner.

1. does / look / like? / What / your sister ________________________________________________________________________________
2. do / neighbors / like? / look / What / your ________________________________________________________________________________
3. like? / children / What / your / are ________________________________________________________________________________
4. is / mother / What / your / like? ________________________________________________________________________________
5. What / like? / your / does / grandma / look ________________________________________________________________________________

Read the answers. Write the questions.

1. **What is your sister-in-law like?** My sister-in-law is friendly and hardworking.
2. ________________________________________________________________________________ His grandpa is shy.
3. ________________________________________________________________________________ My nephew is tall and athletic.
4. ________________________________________________________________________________ Her brother-in-law is funny.
5. ________________________________________________________________________________ Their grandmas are tall.
6. ________________________________________________________________________________ Our niece is young and pretty.
Amalia is planning a family party. Read about her family members and what they like to do. Answer the questions below.

1. Who can watch the kids? **Linda and Tomas can watch the kids.**
   Why? **They are friendly and patient, and they like kids.**
2. Who can cook the food and barbecue?
   Why?
3. Who can welcome the guests?
   Why?
4. Who can choose and play music?
   Why?
5. Who can buy groceries?
   Why?

**CULTURE TIP**

In the US, it can be considered illegal to leave children home alone or in a car under a certain age. What are the rules for parents in your native country?
Choose three people to write about. Write what they look like and what they are like.

1. Family member name: __________________ relation to you: ___________________________
   What they are like: ______________________________________________________________
   What they look like: _____________________________________________________________

2. Family member name: __________________ relation to you: ___________________________
   What they are like: ______________________________________________________________
   What they look like: _____________________________________________________________

3. Family member name: __________________ relation to you: ___________________________
   What they are like: ______________________________________________________________
   What they look like: _____________________________________________________________

CONNECT WITH CONVERSATION

Talk with a partner about your families and friends.
Complete the conversation.

Samantha: So, Tyrone, tell me about (1) _______ (your / his) family.

Tyrone: I (2) _______ (has / have) a brother and a sister.

Samantha: Oh wow. What (3) _______ (are / do) they like?

Tyrone: My brother (4) _______ (is / are) quiet and hardworking like me. My sister (5) _______ (is / are) really friendly.

Samantha: Nice. What (6) _______ (do / does) they look like?

Tyrone: My brother (7) _______ (is / does) tall, but my sister (8) _______ (is / does) short. They (9) _______ (is / are) both really athletic.

Samantha: Great! I hope I can meet them someday!

Complete the sentences using the words in parentheses.

1. What is your grandma like? _______ (quiet/hardworking)
2. What is your mother like? _______ (friendly/kind)
3. What does your niece look like? _______ (pretty)
4. What is your brother-in-law like? _______ (quiet)
5. What does your brother look like? _______ (short/athletic)

JOURNAL PROMPT

Write about a friend you have. What’s their name? What do they look like? What are they like?

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________
I HAVE A COLD

Listening warm-up. **Track 02**: Is Dawa sick?

**VOCABULARY WORDS & PHRASES**

Repeat after your teacher.

<table>
<thead>
<tr>
<th>healthy</th>
<th>tired</th>
<th>fever</th>
<th>cold</th>
<th>sick</th>
</tr>
</thead>
<tbody>
<tr>
<td>runny nose</td>
<td>sore throat</td>
<td>cough</td>
<td>stomachache</td>
<td>earache</td>
</tr>
<tr>
<td>headache</td>
<td>take medicine</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**PRONUNCIATION**

Listen to your teacher and practice the *k sound*. Circle the words below that have the *k sound*.

earache  stomach  grab  sick  nice  green  cough
B VOCABULARY PRACTICE

Match the sentences with the pictures.

1. ___ She has a runny nose.
2. ___ She has a fever.
3. ___ She has a cough.
4. ___ He's healthy.
5. ___ He has a headache.
6. ___ He's tired.
7. ___ He has a stomachache.
8. ___ She is going to take some medicine.

LISTENING

Listen again to Track 02. Check ✓ what's wrong with each person.

<table>
<thead>
<tr>
<th></th>
<th>cough</th>
<th>fever</th>
<th>runny nose</th>
<th>sore throat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dawa</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dawa's husband</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dawa's son</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

LANGUAGE TOOLS

Listen to your teacher and repeat.

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>ANSWERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>What's wrong?</td>
<td></td>
</tr>
<tr>
<td>I am sick.</td>
<td></td>
</tr>
<tr>
<td>We are sick.</td>
<td></td>
</tr>
<tr>
<td>They have sick.</td>
<td></td>
</tr>
<tr>
<td>I have a sore throat.</td>
<td></td>
</tr>
<tr>
<td>We have a sore throat.</td>
<td></td>
</tr>
<tr>
<td>They have a sore throat.</td>
<td></td>
</tr>
<tr>
<td>He is tired.</td>
<td></td>
</tr>
<tr>
<td>She has a stomachache.</td>
<td></td>
</tr>
<tr>
<td>Do you have a cold?</td>
<td></td>
</tr>
<tr>
<td>Yes, I do.</td>
<td></td>
</tr>
<tr>
<td>No, I don't.</td>
<td></td>
</tr>
<tr>
<td>Are you sick?</td>
<td></td>
</tr>
<tr>
<td>Yes, I am.</td>
<td></td>
</tr>
<tr>
<td>No, I'm not.</td>
<td></td>
</tr>
</tbody>
</table>
E  Look at the questions. Circle the correct answer.

1. What’s wrong?  
   a. I’m sick.  b. I’m a fever.

2. Does she have a cold?  
   a. No, she doesn’t.  b. No, she isn’t.

3. Does he have a runny nose?  
   a. Yes, he does.  b. Yes, he is.

4. Are they sick?  
   a. Yes, they do.  b. Yes, they are.

5. Do they have sore throats?  
   a. Yes, they do.  b. Yes, they are.

6. Is she going to take some medicine?  
   a. Yes, she do.  b. Yes, she does.

F  Look at the pictures. Use have/has, am/is/are, do or does.

1. They **have** a cold.

2. She **_______** a stomachache.

3. He **_______** tired.

4. She **_______** a headache.

5. They **_______** healthy.

6. **_______** they have runny noses?

G  Cross out the mistake. Then, write the sentence correctly.

1. *I have a sore throat.*  
   **cross out** a sore throat.

2. We **do** healthy.

3. They **has** a headache.

4. She **have** a fever.

5. We **is** sick.

H  Complete the conversation.

**Erika:** Hey Nico. (1) **__**__ (Are / Is) you going to hang out with your friends this weekend?

**Nico:** No, (2) _______ (I’m / she’s) not. I (3) _______ (have / has) a cold.

**Erika:** Oh no! I’m sorry to hear that. (4) _______ (Do / Is) you have a sore throat?

**Nico:** Yes, I (5) _______ (do / is). I also (6) _______ (have / am) a fever.

**Erika:** Yikes! (7) _______ (Do / Are) you going to call the doctor?

**Nico:** Yes, I (8) _______ (do / am). I want to take some medicine.
REAL LIFE / YOUR LIFE

Watch your teacher. Guess what’s wrong.


Read the text messages. Answer the questions.

1. When is the BBQ?
2. Why can’t Ravi go?
3. What’s wrong with Ravi?
4. Would Ravi like soup?
5. What is Ravi going to do?
6. What is Sara going to do?

CULTURE TIP

Don’t be afraid to ask a doctor questions. Your conversation with a doctor is private. You can ask: “Is there medicine to help me feel better?” “How long do I take the medicine?” Do you go to the doctor when you are sick?
**ROLE-PLAY!**

1st round – Partner 1 is the doctor, Partner 2 is sick.

<table>
<thead>
<tr>
<th>QUESTIONS FROM THE DOCTOR</th>
<th>POSSIBLE ANSWERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>How can I help you?</td>
<td>healthy</td>
</tr>
<tr>
<td>What’s wrong?</td>
<td>fever</td>
</tr>
<tr>
<td>Do you have a cough, fever, runny nose? What else?</td>
<td>runny nose</td>
</tr>
<tr>
<td>I’m sorry to hear that.</td>
<td>cold</td>
</tr>
<tr>
<td>You can take this medicine.</td>
<td>stomachache</td>
</tr>
</tbody>
</table>

2nd round – Partner 1 is sick and Partner 2 is the doctor.

**CONNECT WITH CONVERSATION**

Get to know a partner. Talk about:
- What you do when you are sick.
- What you do when your family is sick.
- How you stay healthy.
- Do you like to take medicine?
Complete the conversation. Use the words in the box.

Dr. Iglesias: Hi Joe. I’m Dr. Iglesias. How can I (1) ______________________ you?

Joe: Hi Dr. Iglesias. (2) ______________________ sick.

Dr. Iglesias: Okay. What’s (3) ______________________?

Joe: I have a (4) ______________________, fever and a cough.

Dr. Iglesias: I’m (5) ______________________ to hear that!

Joe: What can I do to feel better?

Dr. Iglesias: Sleep and drink lots of water. You can also (6) ________________ some medicine for your runny nose. Call me next week if you don’t feel better.

Joe: Okay. Thank you, Dr. Iglesias.

Answer the questions using the words in parentheses.

1. What’s wrong? _______________________________ (He/sore throat/cough)
2. What can they do to feel better? _______________________________ (take some medicine)
3. How does she feel? _______________________________ (tired)
4. Does it hurt? _______________________________ (yes)
5. Are you sick? _______________________________ (no/healthy)

JOURNAL PROMPT

Write about a time you were sick. What was wrong? Did you go to the doctor? What did you do to feel better?

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
I FELT LONELY AT FIRST

Listening warm-up. Track 03: Are Mara and Ravan from the US?

VOCABULARY WORDS & PHRASES

Repeat after your teacher.

- stressed
- lonely
- surprised
- sad
- excited
- nervous
- happy
- difficult
- easy
- move
- bored
- miss (someone)

PRONUNCIATION

Listen and repeat after your teacher. Circle words with the GREEN TEA sound. Underline words with the SILVER PIN sound.

- feel
- difficult
- it
- miss
- easy
- fill
VOCABULARY PRACTICE

Write the correct word.

**stressed or excited?**
1. ________

**lonely or surprised?**
2. ________

**surprised or bored?**
3. ________

**sad or excited?**
4. ________

**nervous or excited?**
5. ________

**surprised or nervous?**
6. ________

**nervous or bored?**
7. ________

**happy or stressed?**
8. ________

Listen again to Track 03 and fill in the bubble with the correct answer.

1. When did Ravan move to the US?
   - a. 8 years ago
   - b. 5 years ago

2. How did he feel at first?
   - a. stressed
   - b. lonely

3. How did Mara feel?
   - a. bored
   - b. sad

4. Who did Mara miss?
   - a. her family
   - b. her friends

LANGUAGE TOOLS

Listen to your teacher and repeat.

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>ANSWERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>What was it like to move here?</td>
<td>It was difficult. easy.</td>
</tr>
<tr>
<td>How did you feel when you moved here?</td>
<td>He felt nervous. excited.</td>
</tr>
<tr>
<td>Who did you miss?</td>
<td>She was nervous. excited.</td>
</tr>
</tbody>
</table>
**Underline the correct word.**

1. I **feel** / **felt** nervous when I moved here.
2. I **were** / **was** lonely because I missed my family.
3. How **did** / **do** you feel when you arrived?
4. What **were** / **was** it like?
5. They **feel** / **felt** stressed before the test.
6. He **were** / **was** sad to say goodbye.

**Circle the correct words to complete the conversation.**

**Radhika:** What was it like to move here?

**Aazar:** It was (1) **difficult** / **nervous** at first.

**Radhika:** How did you feel when you arrived?

**Aazar:** I was (2) **difficult** / **lonely** because I missed my friends.

**Radhika:** It’s not (3) **surprised** / **easy** to move to a new country. Do you like it here now?

**Aazar:** Yes, now I am really (4) **easy** / **happy** here. I have a lot of new friends! And I’m very (5) **excited** / **bored**—I’m starting a new job next week!

**Radhika:** That’s great!

**Look at the questions. Write the answers using the words in parentheses.**

1. What was it like to move here? __________ **It was difficult.** (difficult)
2. How did you feel when you moved here? ___________________________ (lonely/bored)
3. How did Azar’s parents feel? ___________________________ (excited/nervous)
4. How did she feel when she moved here? ___________________________ (stressed)
5. What was it like to move here? ___________________________ (easy)
6. How did he feel? ___________________________ (surprised)
REAL LIFE / YOUR LIFE

Read the text message. Circle True or False.

1. Marcus moved to the US on Tuesday. TRUE FALSE
2. Marcus felt excited and nervous. TRUE FALSE
3. George felt different than Marcus when he came to the US. TRUE FALSE
4. George also felt sad when he moved here. TRUE FALSE
5. George and Marcus are getting dinner tomorrow. TRUE FALSE

Complete the conversation.

George: Hey Marcus. How (1) are (is / are) you doing?
Marcus: I’m (2) excited / difficult to be here and still a little nervous.
George: Do you (3) miss / missing your family?
Marcus: Yeah. I’m (4) going / going to talk to them tomorrow on the phone.
George: Great. It is (5) stressed / difficult to move to a new country. But, I think you (6) are / is going to be happy here.

CULTURE TIP

In the US, many people talk to counselors when they feel sad, stressed or need help. Some places in the US have low-cost counselors. Do people in your native country talk to counselors?
Look at the chart and answer the questions.

**THE MOST COMMON SOURCES OF STRESS**

% of people who say they experienced a major stressful event in the past year related to...

<table>
<thead>
<tr>
<th>Source</th>
<th>% of People</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health-related problems</td>
<td>43%</td>
</tr>
<tr>
<td>Problems with personal relationships</td>
<td>6%</td>
</tr>
<tr>
<td>Problems with work</td>
<td>13%</td>
</tr>
<tr>
<td>Death of a loved one</td>
<td>16%</td>
</tr>
<tr>
<td>Illness and disease</td>
<td>27%</td>
</tr>
<tr>
<td>Life changes or transitions</td>
<td>9%</td>
</tr>
<tr>
<td>Family events or issues</td>
<td>9%</td>
</tr>
<tr>
<td>Problems with work</td>
<td>13%</td>
</tr>
</tbody>
</table>

**Source:** NPR / Robert Wood Johnson Foundation / Harvard School of Public Health: The Burden of Stress in America. March 5-April 8, 2014.

1. What is the biggest source of stress? _______________________________________________________
2. What is the smallest source of stress? ______________________________________________________
3. What are two other sources of stress? _______________________________________________________
4. Have you had any of these common sources of stress? _________________________________________

**Rank the emotions you felt when you moved to the US. 1 = the easiest emotion and 5 = the hardest emotion you felt.**

1. ________________________________ stressed
2. ________________________________ bored
3. ________________________________ lonely
4. ________________________________ happy
5. ________________________________ surprised
6. ________________________________ difficult
7. ________________________________ sad
8. ________________________________ easy
9. ________________________________ excited
10. ______________________________ move
11. ______________________________ nervous
12. ______________________________ miss (someone)

**CONNECT WITH CONVERSATION**

Get to know a partner. Talk about:
- How you felt when you moved to the US.
- What it was like when you moved to the US.
- How you and/or your family feel about living in the US now.
Choose the correct word to complete the sentence.

1. I was ______________________ (stressed / difficult) when I moved here.
2. He felt _____________________ (excited / missed) when he moved here.
3. They ______________________ (feels / felt) nervous.
4. We were ____________________ (surprised / easy) to meet friendly people.
5. They ______________________ (move / miss) their family.
6. She ________________________ (feel / felt) happy when she moved here.
7. It _________________________ (was / were) difficult when I first moved here.

Write the questions.

1. ___________ How did she feel?
   She felt nervous.
2. ________________________________
   They were excited.
3. ________________________________
   We were happy.
4. ________________________________
   It was difficult.
5. ________________________________
   I was stressed.
6. ________________________________
   David felt sad.
7. ________________________________
   It was easy.

JOURNAL PROMPT

When did you move to the US? How did you feel when you moved here? Do you feel the same now? Why?