



## ORIENTAÇÕES PARA O TRABALHO PEDAGÓGICO

### LÍNGUA INGLESA - 9º ANO

SEMANA: DE 03/11/2021 À 12/11/2021

TEMA DA AULA: *WELLNESS* (BEM-ESTAR)

**PASSO 1** – REGISTRE O CABEÇALHO CONFORME O MODELO ABAIXO E TODA A PARTE DO CONTEÚDO (QUE ESTARÁ AO FINAL DO PASSO A PASSO) EM UM CADERNO.

### ENGLISH

HORTOLÂNDIA, \_\_\_\_\_ DE \_\_\_\_\_ DE 2021.  
NAME: \_\_\_\_\_ 9º ANO \_\_\_\_\_.

**PASSO 2** – LEIA ATENTAMENTE O CONTEÚDO. LEMBRANDO QUE, CASO VOCÊ TENHA CURIOSIDADE SOBRE O SIGNIFICADO OU O SOM DE ALGUMA PALAVRA OU FRASE EM INGLÊS VOCÊ PODE UTILIZAR O LINK: <https://bit.ly/32o9XPi>. BASTA DIGITAR A PALAVRA OU FRASE E CLICAR NO ÍCONE DE SOM PARA OUVIR A PRONÚNCIA CORRETA EM INGLÊS.

**PASSO 3** – LOGO APÓS A LEITURA DO CONTEÚDO, SIGA ATENTAMENTE O QUE PEDEM OS ENUNCIADOS E FAÇA NO SEU CADERNO. CASO TENHA ALGUMA DÚVIDA CONSULTE SEU PROFESSOR PELO WHATSAPP NO PRIVADO, PEGANDO O NÚMERO DELE NO GRUPO DA SALA.

### CONTEÚDO

1. Think of all the meanings the word **wellness** reminds you of. In small groups, write them down in your notebook.
2. Now, look at two definitions of **wellness**, by the World Health Organization and by the American National Wellness Institute, and answer the questions.

"...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."

Constitution of The World Health Organization. Available at: <<http://www.who.int/about/mission/en/>>.  
Accessed on: May 3, 2018.

"a conscious, self-directed and evolving process of achieving full potential."

National Wellness Institute. Available at: <<https://www.nationalwellness.org/page/AboutWellness>>.  
Accessed on: May 3, 2018.

- a) Which of these definitions is dynamic, that is, defines **wellness** as a condition that is developed and can be achieved?
- b) And which one is static, that is, describes **wellness** as a stable condition?
- c) The World Health Organization describes **wellness** in three different dimensions. What are they?
- d) What about the National Wellness Institute? What do they believe can be achieved through wellness?



3. What do you think about these definitions of wellness? Look at your notes before you answer. Do you agree that wellness has different dimensions and that people can seek wellness in an active way?
4. The World Health Organization refers to “complete” well-being. Can this be achieved in more than one way? Explain.
5. The text you are going to read was published on the Student Health and Counseling Services website of the University of California, Davis, USA. Why do you believe a university would create such a service?
6. Do the icons in this text make it more attractive for students? Do they help the reader infer what the text is about? Explain your answer.
7. What information would you expect to see in a student counseling site on health?

**Text genre**

An **explanation text** is a piece of writing that gives the reader information about an issue or an event. It is based on facts and can include images. Explanation texts can be found in textbooks, websites, leaflets, etc.

**APÓS REGISTRAR SUA ATIVIDADE NO CADERNO LEMBRE-SE DE ENVIAR UMA FOTO PELO WHATSAPP PARA O PROFESSOR.**