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READING FOR WRITING

POSITIVE

**The story of solving  
fitness problems.**

She looks fit,  
energetic  
and...



**Kayla**

What problem did Kayla have in the past?

She was worried about her weight and appearance.

What is Kayla's tone of telling her problems?



humorous

B. serious

C. formal



casual

I always wanted to look  
slim girls on TV even though I  
knew that it was impossible.  
I worried about my weight.

I read about online. I tried  
fat, low-fat, 5:2, only bananas,  
no bananas—I almost  
bananas, too.

I tried no fat, low-fat, 5:2,  
only bananas, no bananas,  
almost went bananas,

GO BANANAS!

LOSE ONE'S MIND

GO CRAZY





# What made her change her mind?

Her problems  
in the past

I always wanted to look like the slim girls on TV even though I knew that it was impossible. I worried about my weight and tried every new diet I read about online. I tried no-fat, low-fat, 5:2, only bananas, no bananas—I almost went bananas, too.



A turning point

Changes  
at present

Then I read an article that said instead of asking "Am I fat?" I should be asking "Am I fit?" I had no idea a letter could make such a difference! Once I started thinking about fitness rather than weight, things began to change. Instead of saying "I want to lose three kilos", I would say "I want to run two kilometres in eight minutes" or "I want to be able to do 30 push-ups". Rather than cutting out the foods I enjoyed, I added healthy foods to my meals. I could still have a burger now and then, but I would add a salad or an apple.

The  
results

Finally, I stopped comparing myself with actresses and models and looking for things that were wrong with my face or body. Instead, I made a list of the things I liked about myself. By being positive about myself and my body, I became both happier and healthier.

# What are the differences between the past and the present?

## The past Contrast & Comparison the present

Changes in  
thinking  
ways

worried about my weight  
and tried every new diet

think about fitness  
rather than weight.

Changes  
in actions

wanted to lose three kilos  
cut out the foods I enjoyed  
compared myself with  
actresses and models.

want to run or do 30 Push-ups  
add healthy foods to my meals  
made a list of things I  
liked about myself.

Changes in life:

She became both happier and healthier



# What expressions does Kayla use to describe the changes?

I **always** wanted to **look like** the **slim** girls on TV **even though** I knew that it was impossible. I worried about my weight and tried every new **diet** I read about online. I tried no-fat, low-fat, 5:2, only bananas, no bananas—I almost went bananas, too.



Then I read an article that said **instead of** asking "Am I fat?" I

should be asking "Am I fit?" I had no idea a letter could **make such a difference!** Once I **started** thinking about fitness **rather than** weight, things **began to change**. **Instead of** saying "I want to lose three kilos", I would say "I want to run two kilometres in eight minutes" or "I want to be able to do 30 push-ups". **Rather than** cutting out the foods I enjoyed, I added healthy foods to my meals. I could **still** have a burger now and then, **but** I would add a salad or an apple.

Finally, I **stopped** comparing myself with actresses and models and looking for things that were wrong with my face or body. **Instead**, I made a list of the things I liked about myself. By being positive about myself and my body, I became both happier and healthier.

# the language of contrast and comparison

## Expressions to show similarities

I always... look like...

still; both... and...

## Expressions to show differences:

Instead of ...;...make a difference;

...rather than ...;

but..

...stopped comparing ...with...

Instead,

## more expressions to show similarities and differences

be similar to...; the same as...;

have ...in common with;

though/although/ yet/however;

in contrast with(与...对比之下);

on the other hand;

different from...; the difference is...

**What do you think are the most important changes for her to be more positive and why?**



ALL *bodies* ARE *beautiful*



I FULLY  
*accept*  
MYSELF



# WELLNESS

[www.sunedu.com](http://www.sunedu.com)



Healthy  
Mind

+



Healthy  
Body

=

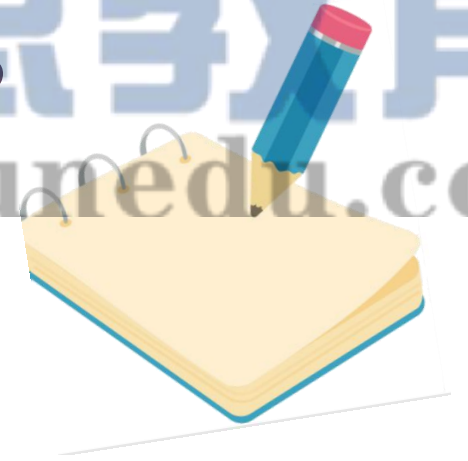


Happy  
Life

- Where can we read Kayla's story?

## **A wellness book**

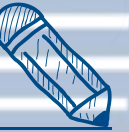
**A high school class has a wellness book  
in which they exchange ideas about health and fitness.**



**Write a page in a wellness book.**



# What health problems do you have?



## Food:

No breakfast; always on diet;  
too picky about food; not have a  
balanced diet  
too much junk food; Obesity(肥胖症)

## Exercise:

lack of exercise;  
hate sports;  
can't stick to doing  
exercises;

## Stress:

feel depressed(沮丧的)  
can't deal with stress;  
can't sleep well because of  
anxiety;  
Can't balance study and life

## Self-confidence:

not confident about the  
figure(身形), the look, and  
even myself



# What changes will you make to solve it?

**Food:**

How can you make your meals healthier?

**Exercise:**

What can you do to make exercise more enjoyable and consistent 持续的?

**Stress:**

How do you manage your stress and balance your study and life?

**Self-confidence:**

What can you do to become more **confident** and feel better about yourself?

# writing

Write a paragraph about changes you want to make to lead a more positive lifestyle, using an appropriate tone. ( 50-70 words)

## Structure :

❖ your situation

1-2 sentences

❖ changes to make

3-4 sentences

❖ the outcome to  
achieve

1-2 sentences

## First Draft

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## Word Banks

Instead, ...; instead of; rather than; but/however/though; still



# Exchange the drafts

## Checklist for the editor

- ✓ Does the writer use a good structure? (introduction, body, conclusion)
- ✓ Does the writer use the language from the word bank?
- ✓ Does the writer make any spelling mistakes?
- ✓ Does the writer make any grammar errors?

## Assignment for the writer

- Improve your first draft taking into account the corrections and comments made by your peer.
- Write a second draft with improvement.

# One Possible Version

I always felt anxious and stressful at senior high school at first because I was afraid of being left behind. I was worried about so many things that I couldn't sleep well and focus on my study.

Then, I read a book called "Who Moved Your Cheese" which made me realize that making changes can make a difference to life. Instead of just worrying about my study, I would make a schedule for my study and finish the to-do list. Rather than being anxious the whole day, I would do some exercises regularly and listen to music to relieve my stress and tiredness after studying, which also helped me feel more energetic.

Now, I stopped feeling upset about something new. Instead, I would also always remind myself to smile as often as possible and stay positive about everything that is going to happen.

## **Examples of Students' Writing**



## A page in a wellness book: Share your fitness Ideas

Write a paragraph about changes you want to make/you have made to lead a more positive lifestyle, using an appropriate tone. ( 50-70 words)

Structure :

- your situation  
: fitness problem  
1-3 sentences

- changes you  
have made or you  
want to make  
3-4 sentences

- the outcome to  
achieve  
1-2 sentences

First Draft

In the past, I always didn't have a balanced diet and it's common for me to eat junk food instead of meals and be too picky about food. As a result, I always have stomachache.

Once I had a <sup>so</sup> serious stomachache that I can't suffer from. I went to hospital and was told to be <sup>eat</sup> have an operation in the future if I ~~contain~~ continue to ~~doing~~ eat unhealthy. So I changed. ~~Fe~~ Have breakfast on time and eat more fruit and vegetables. I also do some sports to make me healthier.

Now, my stomachache became stronger\* and I become ~~more~~ fitter and fitter.

not have a balanced diet  
too picky about food

depressed  
沮丧的  
consistent  
持续的

The problem in the past

Turning Point+ Changes at present

The result of changes

## A page in a wellness book: Share your fitness Ideas

Write a paragraph about changes you want to make/you have made to lead a more positive lifestyle, using an appropriate tone. ( 50-70 words)

First Draft  
 My current situation is that I am depressed. My fitness problem is that I am not active. I want to make changes to my lifestyle. I used to sit in front of the desk for a long time and didn't like to exercise. I thought running was boring and tired. And when having PE class, I was afraid of being running.

Changes you have made or you want to make (4 sentences)  
 My father noticed my depressed attitude. He started going for a walk with me after dinner. Day by day, I formed this habit with my father. Then my father encouraged me to run for half an hour every weekend. At first, I was unhappy, but with the help of my father, I could make it.

The outcome to achieve (1-2 sentences)  
 Now, I'm not afraid of running. I even start to enjoy it. When I go back home, thirty-minutes running is a must-do thing!

The problems about sports

Changes at present

The outcome of changes



I always struggled with tons of homework and felt depressed and stressful. Moreover, the result of failing in the graduation exams made me lose heart.

Then I went to the senior high school with nothing in mind and sometimes cried at the quiet night, being hopeless of the world. However, everything changed after my I met my new English, Lily. Her smile is like breeze and I was completely influenced by her positive and active attitude. I have realized that my hard work would <sup>be paid</sup> pay off one day and a person should be happy in front of <sup>triviality n. 琐事</sup> the crowded in the daily life.

Finally, no matter what difficulties I meet in the future, I'll never give up. Because I have to do something in return to those who gave me a hand when I was falling down.

The Problems about stress in the past

Turning Point and changes

The results of changes



**Be Positive,  
think positive,  
and positive things will happen!**

