

Emociones, bienestar y consejos entre jóvenes

Inglés 2.º Bachillerato · Solucionario

Nivel: 2.º Bachillerato (LOMLOE, RD 243/2022, PAU, referencia MCER B2) · **Referencia oficial:** RD 243/2022 2.º Bachillerato, Nivel de referencia MCER B2, RD 243/2022 CE1 Comprensión, RD 243/2022 CE2 Producción, RD 243/2022 CE3 Interacción

Ejercicio 1 Une emoción y definición

1-c, 2-b, 3-e, 4-a, 5-d

Ejercicio 2 Elige la forma correcta

Advice es incontable y lleva verbo en singular; para sentimientos se usa el participio, y para la causa, el adjetivo en -ing.

1 some advice, 2 stressed, 3 frightening, 4 advice is

Ejercicio 3 Completa con should

Should para lo recomendable y shouldn't para lo desaconsejable, siempre con forma base.

1 should, 2 shouldn't, 3 shouldn't, 4 should

Ejercicio 4 Traduce al inglés

Respuestas modelo.

1 I advise you to talk to your tutor. 2 If I were you, I'd rest a bit. 3 Why don't you join a drama club? 4 I feel overwhelmed this week.

También es válido en la 1: I suggest that you talk to your tutor.

Ejercicio 5 Corrige el error

1 advice es incontable. 2 participio stressed. 3 «sensible» se dice sensitive. 4 tras should va forma base.

1 I have some advice for you. 2 She is very stressed these days. 3 He is a very sensitive boy; he cries easily. 4 You should ask for help.

Ejercicio 6 Ordena de leve a grave

De menor a mayor intensidad: preocupado, ansioso, estresado, abrumado y agotado.

B, C, E, D, A

Ejercicio 7 Completa con if I were you

Segundo condicional para consejos: If I were you, I would + forma base.

1 were / would talk (I'd talk); 2 were / wouldn't worry; 3 asked / would listen

Ejercicio 8 Reescribe con had better

Had better + forma base, sin to; la negación va tras better.

1 You'd better see a doctor. 2 You'd better not skip meals. 3 We'd better tell the teacher today.

Ejercicio 9 Reescribe con suggest

Suggest that you + forma base; suggest + -ing si no se nombra al sujeto.

1 I suggest that you keep a diary. 2 I suggest switching off your phone at night. 3 I suggest that we go for a walk after lunch.

Ejercicio 10 Falsos amigos de bienestar

Sensitive es «sensible»; sensible es «sensato»; sympathetic = comprensivo; currently = actualmente, mientras que actually = en realidad.

1 sensitive, 2 sensible, 3 sympathetic, 4 currently

Ejercicio 11 Elige la mejor respuesta

La respuesta empática ofrece escucha o ayuda en lugar de quitar importancia al problema.

1 b, 2 a, 3 a

Ejercicio 12 Lee y justifica

1 Falsa: «my school in Bilbao». 2 Verdadera: «moved the first lesson from eight to half past eight». 3 Falsa: «absences fell».

1 F, 2 T, 3 F

Ejercicio 13 Ordena la carta

Primero el motivo (A), luego la opinión (C) y por último la propuesta (B).

A, C, B

Ejercicio 14 Phrasal verbs de emociones

Bottle up: reprimir; calm down: calmarse; cheer up: animar; cope with: sobrellevar.

1 bottle up, 2 calm down, 3 cheer up, 4 cope with

Ejercicio 15 Traduce al español

Respuestas modelo.

1 Quizá ayude apagar el móvil por la noche. 2 No quería abrirse, así que nos quedamos con ella. 3 Más vale que no ignores estos sentimientos.

Ejercicio 16 Texto, preguntas y sinónimos

1 Habits such as walking, regular sleep and talking to an adult. 2 recommend y damage. 3 Respuesta libre.

1 They recommend short daily habits. 2 recommend; damage. 3 Free answer, for example: Schools should teach students how to ask for help.

Ejercicio 17 Diálogo de apoyo

Modelo: Santiago: I feel overwhelmed. Valentina: I'm sorry. Do you want to talk about it?
Santiago: I have three exams on Monday. Valentina: If I were you, I'd make a plan for each day. Santiago: Maybe. Valentina: You'd better sleep well, and why don't we revise together?
Santiago: Good idea. Let's start tonight.

Qué revisar: tres fórmulas de consejo distintas, una respuesta empática, coherencia y una decisión final.

Ejercicio 18 Email a un amigo

Modelo: Hi Cian, I'm sorry you feel like that. First, you should try to sleep at the same time every night. If I were you, I'd leave the phone outside the bedroom. It might also help to go for a short walk after school. Why don't you tell your tutor how you feel? Please write back soon and tell me how it goes. Take care, Lucía

Qué revisar: tono cercano, al menos tres consejos con fórmulas distintas, una pregunta y 80-100 palabras.

Ejercicio 19 Carta al director

Modelo (resumido): Dear Editor, I am writing in response to your article about mental health lessons. In my view, schools should offer them. Firstly, many teenagers do not know where to find help. Secondly, talking about feelings reduces stigma. Some people argue that

teachers are not qualified. However, trained counsellors could lead short sessions. I would urge every school to start with a monthly workshop. Yours faithfully, Valentina Ruiz

Qué revisar: Dear Editor y Yours faithfully, motivo, dos razones, contraargumento breve, propuesta y 140-160 palabras.

Ejercicio 20 Mediación: aviso del orientador

Modelo: On Thursdays at break there is a wellbeing room. You can talk to the counsellor, do breathing exercises or just rest. You don't need an appointment, and everything you say is confidential.

Qué revisar: día y hora, tres actividades, ausencia de cita y confidencialidad; vocabulario natural, sin traducir palabra por palabra.