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Level 1

Pet dogs lower stress in kids

4th December, 2015

<http://www.breakingnewsenglish.com/1512/151204-anxiety-1.html>

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THE READING

From <http://www.breakingnewsenglish.com/1512/151204-anxiety-1.html>

Having a pet dog helps to reduce children's stress. A new study shows that petting a dog really helps stressed kids. Researchers looked at 643 young children. They found that children with a pet dog are less stressed than children without one. Just twelve per cent of children with a dog had signs of stress, but this was 21 per cent for children with no dog. This will not surprise parents. They know dogs are great for helping children to develop.

There are many things that are still unclear. We do not know if less stressed children have pet dogs, or if pet dogs make children less stressed. There is a link between pet dogs and children's stress. Pet dogs help children start conversations. This is often difficult for children. A pet dog can comfort children. They tell their pet all his or her secrets and stories. Sometimes a pet dog is so important that its name is the first word the child speaks.

Sources: <http://www.healthaim.com/playing-pets-perfect-anxiety-cure/33472>
<http://rapidnewsnetwork.com/a-dog-is-a-child-s-best-friend-reducing-anxiety-levels/321154/>
<http://financialspots.com/2015/11/30/children-with-dogs-are-less-anxious/>

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1512/151204-anxiety-1.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|--------------------------|
| 1. Having a pet dog helps to reduce | a. stress |
| 2. petting a dog really | b. at 643 young children |
| 3. Researchers looked | c. are great |
| 4. Just twelve per cent of children | d. children's stress |
| 5. signs of | e. with a dog |
| 6. This will not surprise | f. to develop |
| 7. They know dogs | g. parents |
| 8. helping children | h. helps stressed kids |

PARAGRAPH TWO:

- | | |
|-------------------------------------|----------------------------|
| 1. There are many things that | a. and children's stress |
| 2. less stressed | b. her secrets and stories |
| 3. pet dogs make children | c. so important |
| 4. There is a link between pet dogs | d. less stressed |
| 5. Pet dogs help children start | e. child speaks |
| 6. They tell their pet all his or | f. are still unclear |
| 7. Sometimes a pet dog is | g. children have pet dogs |
| 8. the first word the | h. conversations |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1512/151204-anxiety-1.html>

Having (1) _____ to reduce children's stress. A new study shows that petting a dog (2) _____ stressed kids. Researchers looked at 643 young children. They found that children (3) _____ are less stressed than children without one. Just twelve per cent of children with a dog (4) _____ stress, but this was 21 per cent for children with no dog. This will (5) _____. They know dogs (6) _____ helping children to develop.

There are many things (7) _____ unclear. We do not know if less stressed children have pet dogs, or if pet dogs make children (8) _____. There is a link between pet dogs and children's stress. Pet dogs (9) _____ conversations. This is often difficult for children. A pet dog can (10) _____. They tell their pet (11) _____ secrets and stories. Sometimes a pet dog is so important that its name (12) _____ the child speaks.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1512/151204-anxiety-1.html>

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

WRITING

From <http://www.breakingnewsenglish.com/1512/151204-anxiety-1.html>

Write about **pet dogs** for 10 minutes. Comment on your partner’s paper.
