



MODULE 5 Life Skills

In this module, you will:

WATCH



videos about personal development and interpersonal relationships.

READ



about self-discovery, navigating relationships and handling conflicts.

MASTER



the two targeted reading strategies:

1. Identifying views and attitudes
2. Interpreting and analysing information

Pre-reading

A Look at the pictures. What do you see?

Match the pictures on the left to each quote below. Write the numbers 17–20 on the lines.

_____ 'I love having supportive friends around me!'

_____ 'Stay sharp and don't hesitate to ask for advice when you're unsure.'

_____ 'Why put in so much effort if there's no end of work?'

_____ 'I bet there were some instances of bullying in school.'

B Think and discuss the questions.

1. What do you do when you do not know how to solve a problem in your daily life?
2. How do you cope with stress?