

My Links:

Improve your reading skills	Review ways of dealing with new words in this series of activities from LearnEnglish Teens.	https://learnenglishteens.britishcouncil.org/exams/grammar-and-vocabulary-exams/what-does-it-mean
Improve your writing skills	Review and practise writing opinion essays.	https://learnenglishteens.britishcouncil.org/skills/writing/intermediate-b1-writing/opinion-essay

Study grammar	Review the intensifiers <i>too</i> and <i>enough</i> , and do some practice activities to check your knowledge.	https://learnenglish.britishcouncil.org/en/category/grammar/grammar-enough-too-too-much
	Review the intensifiers <i>so</i> and <i>such</i> , and do some practice activities to check your knowledge.	https://learnenglish.britishcouncil.org/en/category/grammar/grammar-so-such
Practise pronunciation	Find out more about word and sentence stress in English.	http://learnenglishteens.britishcouncil.org/exams/grammar-and-vocabulary-exams/how-do-you-pronounce-it
Find out more about stress and stress management	Read more about teenage stress from the American Psychological Association.	http://www.apa.org/helpcenter/stress-talk.aspx
	Are sports as good for us as we think, or just a fun and entertaining pastime? Watch this TED talk exploring the issue.	https://ed.ted.com/lessons/how-playing-sports-benefits-your-body-and-your-brain-leah-lagos-and-jaspal-ricky-singh-watch
	See how teenagers around the world cope with stress with these videos.	https://goo.gl/L7mBkn

Get ideas for presenting survey results	Practise interpreting charts and writing about surveys with these activities.	https://learnenglishteens.britishcouncil.org/skills/writing/upper-intermediate-b2-writing/teen-stress
Get ideas for surveys	Find out more about the effects of peer pressure and how easy it is to 'follow the crowd'.	http://channel.nationalgeographic.com/brain-games/episodes/peer-pressure/
	Read more about research on peer pressure and why we often choose to conform.	https://www.simplypsychology.org/asch-conformity.html
	Make your own online surveys and questionnaires at this site.	https://www.surveymonkey.com
Find out more about dealing with stress.	Learn more about 'mindfulness' and how it is helping students in the UK cope with stress.	http://www.bbc.com/news/magazine-35688048
	Find out why Mindfulness in Schools is so keen to introduce mindfulness into schools in the UK.	https://mindfulnessinschools.org/
	Watch this video and try out some mindfulness techniques for yourself.	https://www.youtube.com/watch?v=T5ut2NYdAEQ