



*Relax. No one else knows what they're doing either.*

Ricky Gervais

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# Stress

1. What is stress?
2. What are the reasons of stress?
3. Have you been under stress lately?
4. How do you react to stressful situations?
5. What is the most stressful experience you have ever had?
6. How do you manage stress?
7. How do you relax after a stressful day?
8. What are some negative ways people deal with stress?
9. What are the negative effects of stress? Are there any positive effects of stress?

## That's Conversation!

Do you like the free Conversation Cards? Do you use them in class?

Now you can access even more engaging and thought-provoking content ready to use in your conversation class.

Check out **That's Conversation!**

**That's Conversation MniEbooks** will provide you with intuitive exercises that both inspire discussion and teach new language. You can use them in their original digital format for your online class, or you can print them for use in a more traditional classroom setting.

For the topic of **emotions and sensitivities** get:

### That's Conversation! - Sincerity

<https://ice-breaker.pl/produkt/thats-conversation-sincerity/>

What's inside?

- Sixteen tasks to help you understand your new students' **preferences and sensitivities**
- Vocabulary related to first-time meetings, honesty and lies
- Language needed to ask and respond to personal questions.
- Groundwork for **reported speech**
- Suggestions for further or prior reading (articles) and listening (videos) with direct links
- Topics for students' own research, projects or homework.

### That's Conversation! - Sentiments

<https://ice-breaker.pl/produkt/thats-conversation-sentiments/>

What's inside?

- Fifteen different tasks to get your **A2+/B1/B2** students talking about **politics**, elections and **emotions**
- Adjectives and nouns to express feelings and emotions
- Practical exercises on the zero and first conditionals
- Suggestions for further or prior reading (articles) and listening (videos) with direct links
- Topics for students' own research, projects or homework.

Zarówno karty konwersacyjne, jak i MiniEbooki "That's Conversation!" podlegają ochronie na mocy prawa autorskiego. Możesz je drukować i udostępniać uczniom wyłącznie na potrzeby prowadzonych samodzielnie zajęć. Nie możesz ich jednak kopiować w celu udostępnienia osobom trzecim, tak w celach komercyjnych, jak i bezpłatnie.