**9年级英语第40课时 拓展任务**

**一、Read and analyze the two passages.**

## Passage 1: Take care to protect yourself

The battle (战斗) against the novel coronavirus is on. It’s not just a battle for doctors, but also for each of us. Here are some of the things we can do, according to the Handbook of Prevention and Treatment (防治知识手册) of COVID-19 released by WeDoctor Digital General Hospital.

Don’t go to crowded places. If you have to, remember to mask up (戴口罩). Wearing masks can prevent droplets(飞沫) from hitting your face or mouth. Remember to change them every four hours if you keep wearing them. Stay at least one meter away from other people, especially (尤其是) those who are coughing or sneezing.

Open windows to let fresh air in during the day. Do it three times a day for 15 minutes to half an hour each time. You can only get infected (感染的) if the virus(病毒) builds up(增强) in large amounts. Proper ventilation(通风) can stop the virus from building up.

Keep healthy habits such as eating a healthy diet, exercising and getting enough sleep. This can improve your immune (免疫) system.

Remember to wash your hands before eating, after going to the bathroom, coming home and touching animals. Don’t touch your eyes, nose or mouth before washing your hands. When you wash your hands, use running water and soap. Rub (揉搓) your hands together for no less than 15 seconds.

1. **How many parts are there in the passage, and what are they about?**
2. **How many ways of protecting yourself are mentioned in the second part?**

1. **For content and structure, what expressions can be used? Circle them in the text.**
2. **Integrate the information (整合信息) of the second part.**

ways to protect yourself

## Passage 2: Many ways to stay positive

There are many ways to release fear and anxiety (焦虑). Here we have collected some tips based on an article by Xinhua, as well as an interview with Wang Weihua, an expert on positive psychology.

Less information input. Avoid reading too much about the epidemic(流行病), as this can be overwhelming (难以承受的). When you want to learn about it, be sure to get your information from reliable sources. Rumors (谣言) can make you feel anxious.

Exercise indoors. Exercises not only help you improve your immunity (免疫力), but can also help you release your anxiety, according to previous(以前的)studies. You can try yoga, tai chi or other sports you enjoy.

Write or talk. If you feel too anxious, try to write in a journal(写日记) to record your true feelings during the epidemic. Through writing, you can better understand yourself and release your emotions. You can also talk with your friends and family about your feelings.

Be creative. Show your imagination and support through creative activities. For example, you can paint pictures that encourage people to fight the virus. If you enjoy music, you can write songs. Don’t be afraid to share your works with others. They may comfort (安慰) some people.

Follow hygiene practices(卫生习惯). Do basic things like washing your hands often and properly, and using tissues(纸巾) when you sneeze(打喷嚏) or cough. It can make you feel safe.

1. **How many parts are there in the passage, and what are they about?**
2. **How many ways of staying positive are mentioned in the second part?**

1. **For content and structure, what expressions can be used? Circle them in the text.**
2. **Integrate the information (整合信息) of the second part.**

ways to stay positive

**二、Read aloud the common sayings and you can use them in your composition.**

**How to cheer somebody up**

1. Don’t be sad. Everything is going to be fine.

别难过，一切都会好起来的。

2. Cheer up/ Chin up！

振作起来、别灰心。(chin 指“下巴”，试体会“将下巴抬起来”，可引申为“别灰心”的意思)

3. You’ll do fine. Keep fighting!

你会做得很好的  (你没问题的)。加油！

4. We will get through this.

我们会挺过去的。

5. Don’t worry. We have your back.

别担心，我们支持你  (我们挺你)。

6. I will be always there for you.

我会一直在你身边。(该句通常指在精神上支持某人)

7. This is a white war, while we are all fighters.

这是一场没有硝烟的战争，而我们都是战士。

8. Dawn is breaking and we are seeing light coming through.

黎明，正在到来；曙光，就在前方。

9. Keep fighting/going! Victory will be ours!

坚持下去，胜利终将属于我们。

10. The sun always comes after the storm.

阳光总在风雨后。

**三、Write a composition.**

根据中英文提示，完成一篇不少于50词的文段写作。文中已给出内容不计入总词数。所给提示词语仅供选用。

假如你是李华，你们学校正在开展“新冠疫情防护我知道”宣传活动，倡议大家学习关于新冠疫情防控的生理、心理知识。你们班远在意大利未能返京的交换生Peter给你发邮件询问相关事情，请你用英语回复一封邮件，分享你学到的关于预防新冠病毒的身体防护和心理防护知识，并说说你对此事件的看法。

提示词语：epidemic(流行病), crowded, fresh air, reliable(可信的), anxiety, get through(度过)

提示问题：● What ways about physical and mental protection would you like to share with Peter?

● How do you feel about the event?

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| *Dear Peter,*  *I’m glad to receive your email*.                        *If there is anything more that I can help with, please let me know*.  *Yours,*  *Li Hua* |