**Comprehension:**

* **Read the following article and answer the questions which follow.**

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| **AWAKE TO KIDS’ STRESS - Briana Domjen**  ( Sunday Telegraph-2011)  STRESS from **extracurricular** activities and homework is making an unprecedented number of children suffer from sleep problems.  Chris Seton from the Children’s Hospital at Westmead said that schools were pushing children too hard, giving them **excessive** amounts of homework and causing unnecessary stress.  “If you ask me what the most common cause of stress is amongst kids, it is school related,” he said. “School pressure, academic pressure or other things related to school, such as sport.”  Dr Seton said sleep specialists at the hospital believed children were doing too much before and after school and it was having a negative **impact** on their ability to fall asleep and stay asleep.  Children who showed promise in a sport, particularly swimming, were “pushed” too hard – though schools would argue they were simply being **“encouraged”.**  “There is also a strong feeling in **paediatric** circles that homework is overdone,” he said.  Private school children particularly were under such pressure to perform that they were presenting with serious sleep problems, Dr Seton said. They often felt so **swamped** by extracurricular activities and homework they struggled to get a decent night’s sleep.  “The kids who get the most stressed are the ones who are overdoing after school activities,” Dr Seton said. “Patients are getting younger and the problems are getting worse. We are seeing this in seven or eight-year-olds, which is scary. It’s often hard for them to express the fact that they are stressed and that’s really when they develop a sleep problem,” he said.  Research fellow and clinical **psychologist** at Woodstock Institute of Medical Research, Amanda Gamble said children were not getting enough time to **wind down.** “They are often juggling school, homework, extracurricular activities like sport, drama, art plus trying to build friendships and spend time with friends and family,” Dr Gamble said. “Just like adults, children have little time to relax and wind down. This increased stress and **arousal** can makeit harder for children to fall asleep and stay asleep. “ |

1. List the extracurricular activities mentioned in the article.

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1. What problems do children have because of these activities?

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1. What do schools think about the problem?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Name the two people who have given their opinions in this article. Include the names of the places where each works.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Place of work:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Describe what the paediatricians are saying.

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1. What was the main problem experienced by private school children?

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1. Who are the most stressed kids according to the article?

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1. Find three **adjectives** from the article which describe the effects of extracurricular activities on children.

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1. Use a dictionary to find the meanings of the following words:
2. **excessive:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
3. **impact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
4. **psychologist:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
5. **arousal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
6. Write a sentence using each of the following listed words:
7. **extracurricular:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
8. **wind down:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
9. **swamped:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
10. **encouraged:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**10. Write 2-3 sentences about stress related to homework and activities.**

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