

SCHOOL:			
TEACHER:		DATE:	
STUDENT:		CLASS:	

Leia o texto a seguir para fazer os **exercícios 1-3**.

EDITORIA DE ARTE

She's from São Paulo, Brazil



MAOMI BAKER/GETTY IMAGES

Rebeca Andrade of Team Brazil warms up during the artistic gymnastics women's qualification on day two of the 2024 Paris Olympics on July 28. PHOTO: Naomi Baker/Getty Images

Rebeca Andrade was born in São Paulo, Brazil on May 8, 1999. She and her seven siblings were raised by their single mother in a working-class neighborhood in the populous city of their home country, per [NPR](#).

The Olympian's passion for gymnastics began at a young age, taking up the sport at four years old in part because she "was always active" throughout childhood. "My aunt took me to the gym where she worked and I began doing gymnastics. It was amazing," Andrade told the [International Federation of Gymnastics](#).

"I think that if it weren't for that program, they wouldn't have spotted my talent and I would have just been a girl playing on the street," she added.

CARUSO, Skyler. Who is Rebeca Andrade? Meet the Brazilian gymnast facing Simone Biles for Olympic gold. **People**, [New York, USA], 1 ago. 2024. Disponível em: <https://people.com/who-is-rebeca-andradeall-about-the-braziliangymnast-8686852>. Acesso em: 23 set. 2024.

1. Responda às perguntas a seguir sobre a ginasta Rebeca Andrade.

a) Quantos irmãos e irmãs tem Rebeca?

Resposta:

b) Com quantos anos Rebeca começou a praticar ginástica?

Resposta:

c) Por que Rebeca começou a praticar ginástica?

Resposta:

d) O que Rebeca acha que teria acontecido se ela não tivesse participado do programa de ginástica?

Resposta:



## Units 7 and 8

SCHOOL:			
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Leia o cartum a seguir para fazer o **exercício 1**.



THAVES. **Frank and Ernest**. [S. I.]: GoComics, 17 set. 2019. Disponível em: <https://www.gocomics.com/frank-and-ernest/2019/09/17>. Acesso em: 23 set. 2024.

- O cartum se refere à atividade de ouvir música. Nele, o personagem
  - revela que prefere ouvir música em mídias como o disco de vinil e o *CD*.
  - reconhece o impacto da tecnologia na forma como as pessoas ouvem música.
  - acha estranho que as pessoas voltem a ouvir música em mídias como o disco de vinil e o *CD*.
  - relembra que foram desenvolvidas novas tecnologias de armazenamento e de reprodução de músicas há pouco tempo.
  - afirma que foi revolucionário quando as pessoas começaram a ouvir música em mídias como o disco de vinil e o *CD*.

**Resposta:**

Leia o texto a seguir para fazer os **exercícios 2-5**.

[...]

According to the NHS, as many as one in eight children aged five to 19 faces a mental health challenge. And a significant number of these cases are related to some form of anxiety.

Of course, a degree of anxiety or worry may be a normal state of affairs for young people – particularly when moving schools, or around exam time. But for some, anxiety can affect every aspect of their daily lives.

One effective method of providing support for this anxiety is music therapy, where music becomes the main tool the therapist uses to connect and work with the patient. This kind of therapy has been shown to be effective when treating children and young people living with anxiety based disorders.

After all, lots of young people love listening to music, and the music choices they make can be closely tied to their sense of self and identity. During times of stress and worry, research indicates that young people have an innate sense of the kinds of music they need to listen to.

[...]

COOMBES, Elizabeth. **Here's how music therapy can help anxious children**. Geneva: World Economic Forum, 21 out. 2019. Disponível em: <https://www.weforum.org/agenda/2019/10/how-music-therapy-can-help-anxious-children/>. Acesso em: 23 set. 2024.

2. Answer the following questions based on the previous text.

a) When is it normal to feel anxious or worried?

Resposta:

b) Which effective method can provide support for anxiety?

Resposta:

3. Write **T (true)** or **F (false)**. Then, correct the false statements.

a) One in eight children aged 5 to 19 has a mental health challenge.

Resposta:

b) Anxiety is never a normal state for young people.

Resposta:

c) Young people do not enjoy listening to music, according to the text.

Resposta:

d) Music choices can be closely connected to a young person's sense of self and identity.

Resposta:

e) Research shows that young people often know what kind of music they need during stressful times.

Resposta:

4. Transcreva o trecho do texto que corresponde a cada item a seguir.

a) um desafio de saúde mental

Resposta:

b) um número significativo desses casos

Resposta:

c) um grau de ansiedade ou preocupação

Resposta:

d) um método eficaz de dar apoio para essa ansiedade

Resposta:

5. Focus on the words in **bold** and choose the item that completes each sentence correctly.

a) In "[...] one in eight children aged five to 19 **faces** a mental health challenge", **face** means

I. ignore something.

II. deal with something difficult.

Resposta:

b) In "[...] young people have an **innate sense** of the kinds of music they need to listen to", **innate sense** means

I. a sense that you have learned.

II. a sense that you were born with.

Resposta:

6. Reorganize os itens a seguir para formar frases comparativas. Em seguida, sublinhe os adjetivos usados nas comparações.

a) is / Music therapy / than other methods in treating anxiety / more effective

Resposta:

b) feel / Young people / when they listen to the right music / better

Resposta: