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Level 2

Pet dogs lower stress in kids

4th December, 2015

<http://www.breakingnewsenglish.com/1512/151204-anxiety-2.html>

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Please try Levels 0 and 1 (easier) and the 26–page Level 3 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1512/151204-anxiety-2.html>

Research says having a pet dog helps to reduce children's stress. A study by the Centers for Disease Control and Prevention shows that petting a dog is a great way to help stressed kids. Researchers looked at 643 young children over an 18-month period. They found that children who have a pet dog are less stressed than children without a dog. Just twelve per cent of children with pets had signs of stress. This compares with 21 per cent of children with no dog. This will not surprise parents of children who have a dog. They know dogs are great for helping children to develop.

There are many things about the research that are still unclear. Researchers do not know if less anxious children have pet dogs, or if pet dogs make children less anxious. The research just showed a link between pet dogs and children's stress. Pet dogs help children start conversations. This is often difficult for children and can cause them stress. A pet dog can be a source of comfort for children. The dog can also be a friend to a small child, who tells the pet all his or her secrets and stories. Sometimes a pet dog is so important that its name can be the first word the child speaks.

Sources: <http://www.healthaim.com/playing-pets-perfect-anxiety-cure/33472>
<http://rapidnewsnetwork.com/a-dog-is-a-child-s-best-friend-reducing-anxiety-levels/321154/>
<http://financialspots.com/2015/11/30/children-with-dogs-are-less-anxious/>

MATCHING

From <http://www.breakingnewsenglish.com/1512/151204-anxiety-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|--------------------------------|
| 1. having a pet dog helps to reduce | a. of stress |
| 2. petting | b. with 21 per cent |
| 3. over an 18- | c. to develop |
| 4. less stressed | d. month period |
| 5. children with pets had signs | e. children's stress |
| 6. This compares | f. than children without a dog |
| 7. This will not surprise | g. a dog |
| 8. helping children | h. parents |

PARAGRAPH TWO:

- | | |
|-----------------------------------|--------------------------|
| 1. things about the research that | a. less anxious |
| 2. less anxious children have | b. for children |
| 3. pet dogs make children | c. and stories |
| 4. a link between pet dogs | d. child speaks |
| 5. Pet dogs help children start | e. pet dogs |
| 6. a source of comfort | f. are still unclear |
| 7. her secrets | g. conversations |
| 8. the first word the | h. and children's stress |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1512/151204-anxiety-2.html>

Research says having a pet dog (1) _____ children's stress. A study by the Centers for Disease Control and Prevention shows that (2) _____ is a great way to help stressed kids. Researchers looked at 643 young children over an (3) _____. They found that children who have a pet dog (4) _____ than children without a dog. Just twelve per cent of children with pets had (5) _____. This compares with 21 per cent of children with no dog. This will not surprise parents of children who have a dog. They know dogs are (6) _____ children to develop.

There are many things about the research that (7) _____. Researchers do not know if less anxious children have pet dogs, or if pet dogs make (8) _____. The research just (9) _____ between pet dogs and children's stress. Pet dogs help children start conversations. This is often difficult for children (10) _____ stress. A pet dog can be a source of comfort for children. The dog can also be a friend to a small child, who tells the pet (11) _____ secrets and stories. Sometimes a pet dog is so important that its name can be the first (12) _____ speaks.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1512/151204-anxiety-2.html>

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)
