



EPISODE 6 - THE ANXIOUS ACHIEVER

Before the episode

A. Translate the words into another language. Use a dictionary or your computer if you need to.

English	Another language
coming down with something	
disease	
headache	
anxiety	
symptoms	
panic attack	
under pressure	
deep breath	
meditating	
mental health issues	

B. Practise the words with a friend.

C. Someone is under a lot of pressure in this episode and is having some mental health issues. Who do you think it is and what could be the reason for it?



After the episode

A. Put sentences in order.

- Work in pairs. Start by reading the sentences out loud. Take turns and read every other sentence.
- Write the numbers 1-7 in the squares in the right order.
- The sentence you think should come first is number 1, the next sentence number 2.....

At the doctor's office, the doctor tells Amy that anxiety is the reason for her symptoms.

In the end, Justin asks Amy if she wants to take a forest bath with him again some time.

Amy starts getting symptoms like sweating, headaches, heart racing and the feeling of not being able to breathe and therefore does not do well on the test.

The episode starts with Amy being really stressed out about her SAT-tests.

She thinks she is coming down with something and that she must have a serious disease.

At first Amy doesn't want to admit that she has mental health issues but after a good chat with Justin, she does.

Holly and Oscar on the other hand, are not stressed and tell her to take it easy.

**B. Where in Collinsville?**

To help Amy relax, Justin tells her to listen to her senses in the forest: what does she hear, smell and feel?

- Read the “Senses poems” below
- Write down what place in Collinsville you think they are describing.
- Choose from the places in the box (some places will be left out).

The baseball pitch	School	The forest	The Hobbie’s house	The Callico
The dance studio	The doctor’s office	At Amy’s house		

1.

<i>I hear the wind in the trees</i> <i>I smell the damp moss</i> <i>I feel an ant tickling my toe</i>
What place?

2.

<i>I hear the sound of a ticking clock</i> <i>I smell a mix of sweat and teen perfume</i> <i>I feel my legs tingle after sitting down far too long</i>
What place?

3.

<i>I hear the music and the cheers from the crowd</i> <i>I smell the newly baked cup cakes</i> <i>I feel the excitement, I’m next up on stage</i>
What place?

4.

<i>I hear the slamming of jars, strings from a guitar playing and the sound of dancing feet</i> <i>I smell the scent of newly baked chocolate chip cookies</i> <i>I feel safe and secure</i>
What place?

5.

<i>I hear my coach yelling</i> <i>I smell leather and green grass</i> <i>I feel like a million dollars when I catch that ball in my glove.</i>
What place?

6.

<i>I hear my own heart beating</i> <i>I smell chlorine and newly scrubbed floors</i> <i>I feel nervous, what is wrong with me?</i>
What place?



- C. Write a “Senses poem” of your own about your favourite place and have your friends guess where it is. Add more lines to your poem if you want to.**

Senses poem – My favourite place

I hear _____

I smell _____

I feel _____

- D. Just like Amy, a lot of teenagers are suffering from mental health issues for many different reasons. Amy felt a lot of pressure to do well in school. To feel better, one thing that helped was to do some forest breathing.**



Answer the questions

1. *When or in what situations can you feel stressed or under a lot of pressure?*

2. *What do you do in those situations to relax and feel better?*

E. Share your best ideas with your class and make a list together with the greatest ideas for good mental health.



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Before the episode

A. Words

English	Another language
coming down with something	börjar bli sjuk
disease	sjukdom
headache	huvudvärk
anxiety	ångest
symptoms	symptom
panic attack	panikattack
under pressure	under press
deep breath	djupt andetag
meditating	mediterar
mental health issues	psykiska problem

After the episode

A. Put sentences in order

The episode starts with Amy being really stressed out about her SAT-tests.

Holly and Oscar on the other hand, are not stressed and tell her to take it easy.

Amy starts getting symptoms like sweating, headaches, heart racing and the feeling of not being able to breathe and therefore does not do well on the test.

She thinks she is coming down with something and that she must have a serious disease.

At the doctor's office, the doctor tells Amy that anxiety is the reason for her symptoms.



At first Amy doesn't want to admit that she has mental health issues but after a good chat with Justin, she does.

In the end, Justin asks Amy if she wants to take a forest bath with him again some time.

B. Where in Collinsville?

1. The forest
2. At school
3. The Callico
4. The Hobbie's house
5. The baseball pitch
6. The doctor's office