

#CONQUISTANOESTUDO ▪ #DIA4SEMANA9

ENSINO MÉDIO ▪ 1º ANO

LÍNGUA INGLESA

Se liga! Vamos voltar ao estudo de Inglês?

Temos estudado conteúdos da Língua Inglesa de maneira pontual, inclusive com algumas atividades específicas sobre esses conteúdos, como os pronomes pessoais e possessivos. Hoje nos concentraremos em leitura e interpretação textual, destacando também aspectos de coesão textual, promovidos pelo processo de referenciação.

Por essa razão, nossa atividade de hoje se concentrará em dois textos, sendo um deles uma matéria publicada no jornal inglês The Guardian, e o outro, uma tirinha do Calvin. Você terá a oportunidade de responder às questões associadas a esses textos, fazendo uso dos conteúdos que já vimos até aqui.

Vamos lá, então?

O texto que segue é base para as questões 01 a 04.

'I need a minute (and a half)': counting to 90 and three other ways to handle your anger

Experts are divided over an initiative that encourages people to count away their rage. What other methods could help you in a moment of fury?

When Mike Fisher, the director of the British Association of Anger Management, read about Take:90, an initiative that encourages people to count for 90 seconds when they feel stressed to prevent them getting angry, he felt furious. "I work with extremely angry people. If you're as angry as them, waiting for 90 seconds isn't going to help," he says. The experts backing Take:90 argue that it takes 90 seconds for "feelings of anger to disappear from the brain" – but this could backfire for many people with an anger problem, says Prof Windy Dryden, the emeritus professor of psychotherapeutic studies at Goldsmiths, University of London: "For some people, it's fine, but other people will ruminate and at the end of the 90 seconds, they will be even more angry."

So, what can you do about your anger if the very idea of counting to 90 is making you twitch with rage? Therapy or an anger management programme can help – as can the following three approaches.

Ask why you are angry

When you feel anger building, ask yourself: "What am I angry about?" Dryden says. "If you don't take responsibility for your anger, if you think the other person has made you angry, that's like walking up a hill with a stone tied to your leg."

Get help

Develop a support network of at least eight people you can call when you feel anger rising, says Fisher. "Support is fundamental in managing anger – a listening ear can help you with your distress. But you don't want people to collude with you. You want them to say: hold on, what is your part in the drama? It's not about justifying the anger, rage and fury. You need them to hold you to account and say: maybe the other person has a point."

Recognise physical signs

Milee Brambleby, a workplace mediator, says that, in order to have conversations rather than fights, it helps to recognise your personal physiological signs of anger. "My mouth sets like a steel trap – some people get a flush, others go cold, some get sticky palms. Then say to yourself: 'That has really pushed my buttons,' and to whomever has made you angry: 'I need to think before I respond, can you give me a minute?' Buy yourself the space to think and let things simmer down before you react.

Disponível em: <<https://www.theguardian.com/lifeandstyle/shortcuts/2018/aug/22/i-need-a-minute-and-a-half-counting-to-90-and-three-other-ways-to-handle-your-anger>>.

Acesso em: 19 maio 2020.

QUESTÃO 1

A raiva é um sentimento que acomete a todos nós, em menor ou maior grau, com menor ou maior frequência. Considerando o conteúdo do texto a respeito desse tema, é correto afirmar que

- a) depois de contar 90 segundos, algumas pessoas terão intensificado sua raiva.
- b) depois de contar 90 segundos, todas as pessoas terão controlado sua raiva.
- c) após assumir a responsabilidade por sua própria raiva, você terá aumentado seu nível de estresse.
- d) após reconhecer que uma outra pessoa contribuiu para sua raiva, você terá encontrado uma forma de controlar a situação.
- e) após entrar em contato com algum amigo da sua rede de ajuda, as pessoas terão reduzido seu nível de raiva.

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QUESTÃO 2

Considerando aspectos de referenciação, considere T (true) ou F (false) para assertivas que seguem*.

- a) Os pronomes pessoais 'I' e 'he' têm o mesmo referente. ()
- b) O pronome pessoal 'them' tem 'angry people' como referente. ()
- c) O demonstrativo 'this' tem 'feelings of anger to disappear from the brain' como referente. ()
- d) O pronome pessoal 'them', destacado no primeiro capítulo e no item "Get help" do texto, tem o mesmo referente. ()
- e) O sujeito 'the other person' tem como referente um suposto rival daquele/daquela que está com sentimentos de raiva. ()

*Os termos referentes a esta questão encontram-se em destaque no texto.

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QUESTÃO 3

Considerando aspectos de referenciação, é correto afirmar, a respeito do pronome pessoal '*they*' destacado no final do primeiro parágrafo do texto, que

- a) tem '*some people*' como referente.
- b) tem '*other people*' como referente.
- c) tem ambos '*some people*' e '*other people*' como referente.
- d) tem um referente diferente de '*some people*' e '*other people*'.

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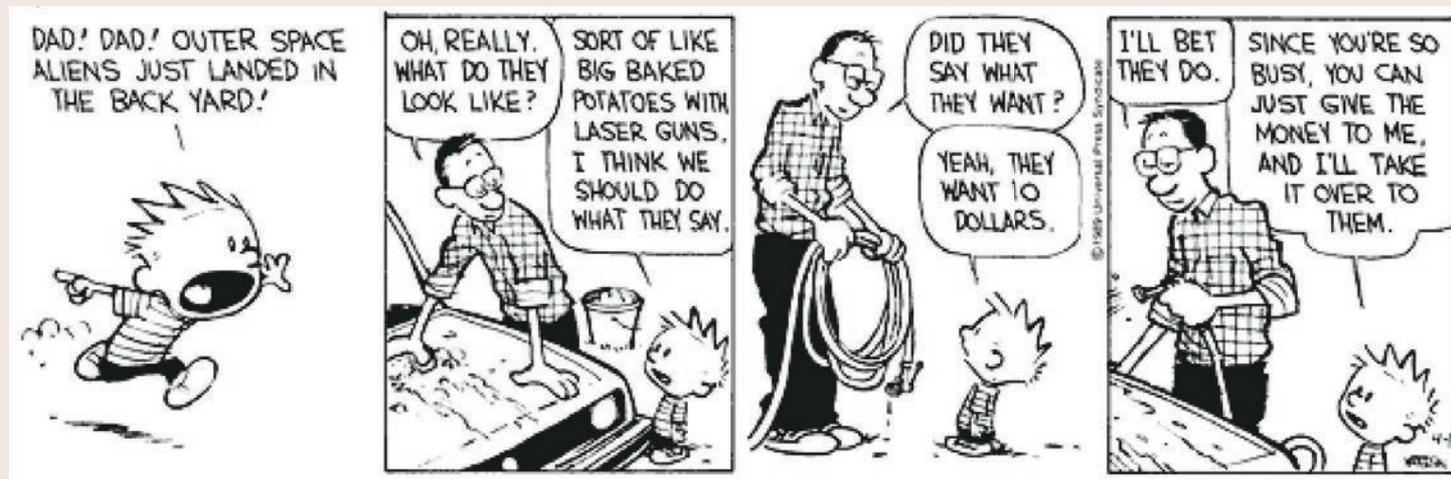
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QUESTÃO 4

Considerando o discurso de Milee Brambleby, apresentado ao final do texto, é correto afirmar que

- a) conversar ajuda a controlar os sintomas da raiva.
- b) ela prefere pensar um minuto antes de responder.
- c) ela costuma se recolher num espaço específico para pensar, até que as coisas se acalmem e ela possa reagir coerentemente.
- d) suas mãos ficam suadas quando ela está com raiva.
- e) sua boca enrijece quando ela está com raiva.

QUESTÃO 5



Disponível em: <<https://www.pinterest.cl/pin/371265563018474699/>>. Acesso em: 19 maio 2020.

A partir da leitura da tirinha, é possível inferir que

- a) há alienígenas no quintal de Calvin, e ele pede a seu pai que o ajude a se livrar-se deles.
- b) não há nenhum alienígena no quintal da casa do Calvin.
- c) o pai do Calvin deseja fazer uma aposta com os alienígenas.
- d) o pai do Calvin acredita em alienígenas.
- e) os alienígenas do quinta do Calvin gostam de batatas assadas com armas a laser.

Por hoje é só!

Na semana que vem, teremos o gabarito comentado dessas questões. Como você já conhece como se apresenta esse gabarito, sugerimos que você construa seu próprio gabarito, analisando não somente as alternativas corretas, mas também as demais, destacando o que há de inconsistência em cada uma delas. Assim você poderá conferir suas respostas com as que serão apresentadas na semana que vem.

Até lá, então.