

## Lesson 46

## 1 TOPIC QUESTION

今日のトピック

# What do you do to encourage yourself when going through hard times? Does it work?

つらい時、自分を励ますためにどうしますか？それは役に立ちますか？

## 2 ARTICLE

記事

Directions: Read the following article aloud.

課題：以下の記事をはっきりとした声で音読しましょう。



## Hard Times

Everyone has experienced tough times at some point in their life. Maybe you have had family or work problems. Everyone copes with these situations in different ways. When I'm feeling low or upset I usually speak to my friends.

Someone once said that "To find a friend is to find a treasure." and I think this is true. Talking to a friend about your problems always helps. Your friends can give you good advice and support you when you need it. Some day you can return the favour when your friend needs help. You can always talk to a relative too. Maybe an aunt, uncle or grandparent. Older relatives have a lot of life experience and are sometimes very wise.

Another thing I do to cheer myself up is to listen to my favourite music and spend time alone thinking. Some of the best places to think about your life are beaches, mountains and forests. I sometimes walk for hours listening to music and thinking about the past and the future. Also, one of the best things you can do is to go on holiday, it's really the best medicine.

## Lesson 46

## 3 VOCABULARY

語い

Directions: First repeat after your tutor and then read aloud by yourself.

課題: 先生の後が続いてくり返した後、今度はひとりで発音してみましょう。

**tough** つらい

**cope** 対処する

**upset** 動揺して

**treasure** 宝物

**support** 援助

**relatives** 血縁者

**medicine** 薬

## 4 Questions

質問

Directions: Read the questions aloud and answer them.

課題: 質問を声に出して読んだ後、答えてみましょう。

1. What is an important way to recover from hard times?
2. Who can you speak to about your problems?
3. Where are some good places to think about your life?
4. How do you encourage yourself in hard times?