

I.E. CHAMPAGNAT PINARES DE ORIENTE

TALLER DE TRABAJO – CHAMPAGNAT APRENDE EN CASA

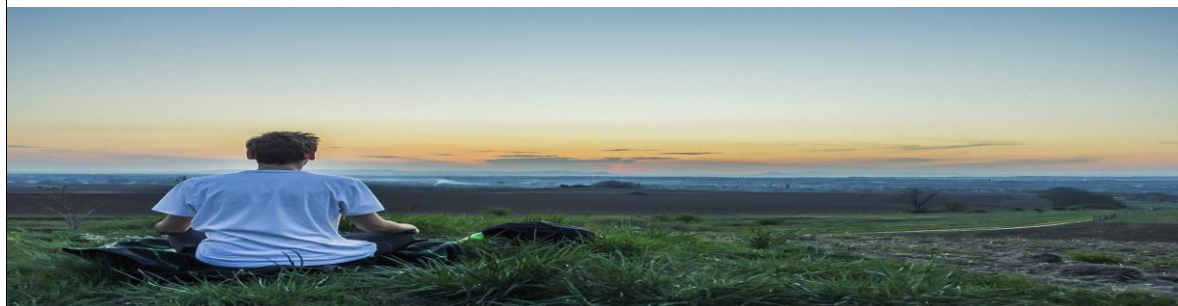


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TALLER DE TRABAJO 07

DBA	Explica de manera oral y escrita las causas y efectos como también el problema y la solución de una situación dada en su entorno.		
LOGRO	Identifica y aplica los elementos lingüísticos del idioma que le permiten producir textos orales y escritos coherentes en los que describe situaciones diversas.		
COMPETENCIA	Expreso opiniones relacionadas con temas de mi contexto familiar y social en diálogos y escritos de mediana longitud.		
OBJETIVO	Narrar en textos cortos historias y situaciones particulares describiendo un tiempo y lugar en su entorno.		
CONCEPTO	Función – Valor - Contexto	EJE	Conociendo mi entorno.
TEMA	Verbs of movement. Sounds. Narrative tenses. Time phrases. A story focused on ICES test.	Fecha de publicación	Martes, 03 de noviembre de 2020
Tiempo de trabajo	2 Semanas	Fecha de entrega	Viernes, 13 de noviembre de 2020

MOMENTO EN TI



Muchas veces tenemos tantas urgencias que nos olvidamos de lo importante que es el bienestar personal para hacer frente a los retos diarios a los que nos enfrentamos. Necesitas tiempo para ti. En este post te explicaremos las razones, cómo encontrar el momento y los beneficios que tiene el mindfulness para conseguir el equilibrio entre tu mente y tu cuerpo.

¿Por qué necesitas tiempo para ti?

Nos pasamos tanto tiempo atendiendo a los demás o centrándonos en nuestras preocupaciones que nos olvidamos de descansar adecuadamente.

Todos los días deberías dedicarte tiempo para ti y que, además, sea de calidad. Un ratito diario que te permita desconectar y centrarte en tu persona.

Cuando te centras en ti mismo, en conectar tu cuerpo y tu mente, consigues el equilibrio que necesitas

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para afrontar los retos diarios desde otra perspectiva. Te oxigenas, te cargas de energía y todo ello se traduce en más bienestar, menos apatía y la mejora de tu humor.

Ese momento diario que te dedicas te permite saber qué es lo que quieres y te ayuda a tomar mejores decisiones.

¿Cómo encontrar ese momento del día?

Al igual que te organizas para abarcar todo lo que tienes en tu agenda, es importante que cada día incluyas ese ratito que necesitas para ti y pienses en qué lo quieres invertir. Tiene que ser en algo que te haga sentir bien contigo mismo, porque al final de eso se trata, de disponer de tiempo de calidad.

Así que lo primero que tienes que hacer es buscar el mejor momento del día para dedicártelo. Lo ideal es que estés a solas, aunque también puedes optar por realizar alguna actividad que puedas hacer en compañía.

Puedes optar por la meditación y lo único que necesitas es un poco de tiempo tranquilo cada día. Lo puedes hacer al despertar y sin salir de la cama. Solo tienes que cerrar los ojos y tomar consciencia de tu respiración. Tu cuerpo se va despertando al tiempo que se revitaliza.

Otra opción es meditar escuchando música, bebiendo agua o simplemente comiendo. Aprende a centrarte, a concentrarte en el proceso, a identificar los sabores, las texturas y a ser consciente.

De la misma manera, el mindfulness también lo puedes practicar mientras haces deporte. En vez de practicar los ejercicios de manera mecánica, puedes optar por sentirlos, por tomar consciencia de lo que pasa en tu cuerpo, por sentir tu respiración, por concentrarte en lo que haces.

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MOMENTO DE ORACIÓN

En este día tú vas a lograr todo lo que te propongas porque confías en Él, en ese Dios en el cual tienes fe, y esa fe hará posible que cumplas todos tus sueños y que alcances todas tus metas. Que Dios te bendiga en este bonito día. Las personas tan buenas y cristianas como tú, merecen lo mejor de esta vida.



Entrega este momento en manos de Dios Él, te guiará a través de este momento de tu estudio.

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**TALLER DE TRABAJO 07****TEMA**

Verbs of movement. Sounds. Narrative tenses. Time phrases. A story focused on ICFES test.

1. Realice el organizador gráfico o la rutina de pensamiento en Inglés que encuentra al final del documento GUIA DE ESTUDIO que corresponde con este TALLER DE TRABAJO.
2. De acuerdo con el conocimiento adquirido en nuestra guía de estudio con respecto al manejo los tiempos del inglés en ejercicios de comprensión de lectura de ICFES EXERCISES:

Lea el texto y luego responda las preguntas. Tipo 6

WILLIAM HENRY “BILL” GATES III

He was born He was born in Seattle Washington on October 28th, 1955. He is an American programmer, inventor, business magnate and philanthropist. Gates is the former chief executive and current chairman of Microsoft, the world's largest personal-computer software company, which he co- founded with Paul Allen.

He is consistently ranked among the world's wealthiest people and was the wealthiest overall from 1995 to 2009, excluding 2008, when he was ranked third; in 2011, he was the wealthiest American and the second wealthiest person in the world. During his career at Microsoft, Gates held the positions of CEO and chief software architect, and remains the largest individual shareholder, with 6.4 percent of the common stock. He has also authored and co- authored several books.

Gates is one of the best-known entrepreneurs of the personal computer revolution.

Gates has been criticized for his business tactics, which have been considered anticompetitive, an opinion which has in some cases been upheld by the courts. In the later stages of his career, Gates has pursued a number of philanthropic endeavors, donating large amounts of money to various charitable organizations and scientific research programs through the Bill & Melinda Gates foundation, established in 2000.

Gates stepped down as chief executive officer of Microsoft in January 2000. He remained as chairman and created the position of chief software architect. In June 2006, Gates announced that he would be transitioning from full- time work at Microsoft to part-time work, and full-time work at the Bill and Melinda Gates foundation. He gradually transferred his duties to Ray Ozzie, chief software architect, and Craig Mundie, chief research, and strategy officer. Gates' last full-time day the Microsoft was June 27, 2008. He remains at Microsoft as non-executive chairman.



1. What is the writer's purpose?

- a. Talk about Bill's wife.
- b. Describe who is Bill Gates.
- c. Compare the richest men of the world.
- d. Explain Bill Gates' interest in Microsoft's presidency.

2. What can you infer regarding the article?

- a. Bill Gates went from designing software to being benevolent.
- b. Bill Gates is a frustrated man.
- c. Bill's wife is richer than he.
- d. BILL and his wife aren't humanitarian.

3. What did we learn about Bill Gate's life?

- a. You can achieve whatever goals you set for yourself.
- b. You must be rich and do not give anything to anyone.
- c. You should expect your wife to support you.
- d. You can sell computers although is a bad business.

4. What did the writer say about his wife?

- a. She is a beautiful person.
- b. She is a co-founder of a foundation.
- c. She was a critic of Bill's business.
- d. She wears designer's brands.

5. What could we say about Bill Gates?

- a. He is the richest man in the world who can buy everything he wants.
- b. Bill Gates got what he always wanted because de is a persistent and optimistic man.
- c. He wants to be the richest man in the world to be dishonest with people.
- d. He and his wife are unhappy with Microsoft because they can't enjoy their lives.



3.. De acuerdo con el conocimiento adquirido en nuestra guía de estudio con respecto al manejo los tiempos del inglés en ejercicios de comprensión de lectura:

Lea el texto y luego responda las preguntas.

JOHN ANNOUNCES HIS LOVE FOR YOKO

I've never known love like this before, and it hit me so hard that I had to finish my marriage to Cynthia. And don't think that was irresponsible decision because I felt very deeply about it and all the implications that would be involved. When we are free- and we hope that will be, within a year, marry. There is no need to marry- as many people say- but there's nothing lost in marrying either. Some may say my decision was selfish. Well, I don't think it is. Are your children going to thank you when they are eighteen? There is something else consider, too- isn't it better to avoid raising children in the atmosphere of a troubled relationship?

My marriage to Cynthia was not unhappy. But it was a normal marital state where nothing happened and which we continued to keep. You keep it until you meet someone who set you alight.

With Yoko, I really knew love for the first time. Our first attraction was a mental one, but it happened physically too. Both are essential in the union.

When we got back from India we were talking to each other on the phone. I called her over, it was the middle of the night and Cynthia was away. And I thought well now it's the time if I'm going to get to know her better. She came to the house and I didn't know what to do; so we went upstairs to my studio and I played her all the tapes that I'd made. She was very impressed and then she said well let's make one ourselves so we made "Two virgins". It was very beautiful.

1. **What was John trying to convey?**
 - a. To show how music can be played.
 - b. To tell us how his love for Yoko began
 - c. To describe his relationship with musical producers
 - d. To say that music is all he has and all he wants.
2. **What was John's attitude towards marriage?**
 - a. It was something important
 - b. It was not important
 - c. It was a commitment until something better came along.
 - d. It was old fashion.
3. **What can we infer about John as a person?**
 - a. He cared about what other people think of him.
 - b. His interest and hobbies were more important than being in love.
 - c. When he made decisions, he thought only of himself.
 - d. He liked to have several relationships at once.



4. **What were John's life priorities?**
 - a. Find and live with a conjugate.
 - b. Compose songs and be a successful singer.
 - c. Be a spouse as soon as possible.
 - d. Be happy was his life's goal.
5. **Which of the following sentences would John make?**
 - a. Creating music requires a special talent.
 - b. I would like to share my life with my true love.
 - c. My goal in life is to marry a beautiful woman.
 - d. Love is easy to find in any relationship.

4. Lea el texto y luego responda las preguntas.

HOW I CHANGED MY MIND BY PAUL McCARTNEY

One of the most impressive aspects of Paul and Mary's lives these days is their philosophical commitment to ethical vegetarianism. Paul remembers their reasons for leaving the meat habit. "During the course of a Sunday lunch, we happened to look out the kitchen window at our young lambs racing happily in the fields. Looking at our plates, we suddenly realized we were eating the leg of an animal that had until recently been running and playing in a field itself. We looked at each other and said, "Wait a minute, we love these lambs they are such gentle creatures. So why are we eating them?" It was the last time we ever did

As time passed and the issue of animal protection became even more imperative, they both significantly stepped up their efforts on behalf of not only eatable cattle but research animal as well. At the risk of being called "radical", late in 1990 they even went so far as to record a series of messages on behalf of some groups which were played throughout North America. They tried to use their influence to make people take a position against bullfights, animals in the circus, whale hunting, and other issues. These messages worked well and things are changing for animals in some countries.

1. **What's the writer's purpose whit this passage?**
 - a. To tell everyone eating meat is the best in the world.
 - b. To explain why a man stopped eating meat.
 - c. To indicate pros and cons of eating meat.
 - d. To illustrate how easily people can change.
2. **According to the text, Paul is a person who:**
 - a. Makes decisions by reading the horoscope
 - b. His eating habits depended on his wife



- c. Is engaged with the things and ideas he supports.
- d. Always had the same eating habit.

3. What is Paul's point of view regarding animals?

- a. Animals are too kind to be eaten
- b. Animals were made to feed human beings
- c. Only pets should have special rights
- d. Animals in circus and zoos have a good life.

4. What does Paul think people's attitude about animal's safety is?

- a. He thinks people do whatever is important for them.
- b. He thinks media prefers things that sell and make profits,
- c. He thinks everything you do is expensive so money is a factor.
- d. He thinks there is always a chance to change people's minds.

5. Which of the following sentences would the writer make?

- a. Men are powerful and do whatever they want.
- b. We should fight for the rights of animals.
- c. Let's go to a bullfight
- d. What a delicious chicken.

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5. Lea el texto y luego responda las preguntas. Tipo 7

A strange Professor

Mr. Jones woke early morning, so he went to the window and looked out. He was surprised to see a neatly dressed, middle- aged professor, who in the university just up the road from Mr. Jone's house, coming from the direction of the town. He had gray hair and thick glasses and was carrying an umbrella, a morning newspaper, and a bag. Mr. Jones thought that he must have arrived by the night train and decided to walk to the university instead of taking a taxi.

Mr. Jones had a big tree in his garden, and the children had tied a long rope to one of its branches so that they could swing on it.

Mr. Jones was surprised to see the professor stop when he saw the rope, and look carefully up and down the road. When he saw that there was nobody in sight, he stepped into the garden (there was no fence), put his umbrella, newspaper, bag, and hat neatly on the grass and took hold of the rope.

He pulled it hard to see whether it was strong enough to take, his weight, then ran as fast as he could and swung into the air on the end of the rope, his gray hair blowing all around his face. Backward and forwards he swung, occasionally taking a few more running steps on the grass when the rope began to swing too slowly for him.

At last, the professor stopped, straightened his tie, combed his hair carefully, put on his hat, picked up his umbrella, newspaper, and bag , and continued on his way to the university, looking as quiet, correct and respectable as one would expect a professor to be.



1. What was the writer's intention with the text?
 - a. Talk about teachers' experiences
 - b. Describe Jones's garden
 - c. Emphasize adults never stop being children
 - d. Show his neighborhood
2. Where was Mr Jones while looking at the professor?
 - a. In his house
 - b. In the garden
 - c. On the street
 - d. In the park
3. What was the teacher's appearance?
 - a. Elegant
 - b. Suspect
 - c. Easygoing
 - d. Unhappy
4. How many trees does this garden have?
 - a. One
 - b. Three
 - c. Four
 - d. Two
5. According to the text, we can imply that Mr. Jones:
 - a. Is a lonely person who likes to watch his neighbors and people around the town trying to know their secrets.
 - b. Is a good man with a happy family who likes to wake up early in order to enjoy children's games.
 - c. Is an old man who is very curious about his neighbors and what happens on his street.
 - d. Is an unemployed who doesn't have anything to do and likes to spy people's houses at night.

Estudiante, recuerda que resolviendo estas 5 preguntas iniciales de forma correcta has alcanzado la **COMPETENCIA BÁSICA**. Estas preguntas se resuelven directamente con la GUÍA DE ESTUDIO, no necesitas utilizar internet – *Con las 5 primeras preguntas puedes entregar el TALLER DE TRABAJO*



6. EXERCISE YOUR KNOWLEDGE: Lee el texto y responde las preguntas.

BULLYING IS A SOCIAL PROBLEM

When I was a student, bullying was a big social problem. I saw several bullying incidents when I was in middle school. One group of students bullied anybody during break or lunch time. Sometimes, they even took money from the students they bullied. These bullying situations went on for a long time; however, school officials did not know about it because it happened only in isolated places. The victims never tried to tell the teachers because they were afraid the bullies would take revenge. Finally, one student told a teacher about a bullying situation. The bullies were suspended for a week, but after they returned to school, the bullies began to bully the student who told the teacher. After that, none of the other students would intervene because they were afraid of being the next victims. Today, bullying is a big social problem, and bullying situations are even more serious than when I was a middle school student.

Teacher and parents need to know when students are bullied and victims, they need to tell adults when they are being bullied. I wish bullying situations would vanish completely.

On the other hand, bullying can cause social difficulties, for example, children and adolescents who are repetitively bullied may develop internalizing symptoms. For example, in a study of over 7.000 predominantly African- American and Hispanic middle and high-school students, Peskin and colleagues found that victims of bullying reported frequent worries, sadness, nervousness, and fearfulness.

Other Psychological problems may develop in the aftermath of repetitive bullying, including anxiety and depressive symptoms and disorders. With regard to anxiety, a recent study found that frequent bullying was a predicting factor for anxiety disorders in early adulthood. In support of these data, Gladstone and colleagues found, in men and women who were being seen in an outpatient depression clinic, that childhood bullying was associated with high level of general state anxiety.

In addition to anxiety, studies indicate a higher risk for depressive symptoms and disorders among the bullied, both during childhood and in adulthood. According to Brunstein Klomek and colleagues, frequent bullying may also heighten the risk for suicidal ideation and attempts.

1. What is the writer's purpose?

- a. Talk about bullying experience.
- b. To explain the different kinds of bullying.
- c. To inform about the common physiological complications, associated with being bullied.
- d. To explain bullying through a student's prospective.

2. Why is the writer talking about Bullying?

- a. Because he was a bully
- b. Because he wants to prevent it.
- c. Because he agrees with bullying
- d. Because he's having problems



3. Where does bullying usually occur?

- a. In a secluded place
- b. In an obscure place.
- c. In any places.
- d. In a public place.

4. What are the official solutions to bullying?

- a. Very little because it is hardly ever reported.
- b. They give them strict punishments.
- c. They call their parents
- d. They don't care about it.

5. According to the text, you can conclude that:

- a. If teachers and parents pay attention to children they cannot be bullied and the society won't have problems
- b. People must tell and ask for an advice when bullying is happening, so that the bullies won't do it again
- c. The psychological problems happen because there are people who like to bully and to get money from the others
- d. Bullying must be treated during the childhood because when people get older they always forget it.



7. Responde las preguntas de acuerdo al siguiente texto:

Why Do Kids Bully?

There is no one single cause of bullying among children; individual, family, peer, school, and community factors can place a child or youth at risk for bullying. These factors work individually, or collectively, to contribute to a child's likelihood of bullying.

A. Family risk factors for bullying:

- A lack of warmth and involvement (36)_____ the part of parents.
- Overly-permissive parenting (including a lack of limits for children's behavior).
- A lack of supervision by parents.
- Harsh, physical discipline.
- Parent (37)_____ of bullying behavior.
- Victimization (38)_____ older brothers.

B. Peer risk factors for bullying:

- Friends who bully.
- Friends who (39)_____ positive attitudes about violence.
- Some aggressive children who take on high status roles may use bullying as a way to enhance their social power and protect their prestige with peers.
- Some children with (40)_____ social status may use bullying as a way to deflect taunting and aggression that is (41)_____ towards them, or to enhance their social position with higher status peers.

C. Other Factors:

- Bullying (42) _____ in schools where faculty and staff do not address bullying, where there is no policy against bullying, and where there is little supervision of students—especially during lunch, bathroom breaks, and recess.
- Models of bullying behavior are prevalent throughout society, especially in television, movies, and video games.
- When children are (43)_____ together, they associate with (44)_____ who are similar to them or who have qualities or characteristics that in some way support their own behaviors.
- For teenage girls, social aggression can be a way of (45)_____ excitement or alleviating boredom. It is also used as a method of gaining attention from other girls in order to secure friendships.



- | | | | | |
|-------|---------------|--------------|---------------|-----------------|
| 36. | a. By | b. On | c. from | d. By the |
| 37. | a. Modeling | b. Prototype | c. Ideal | d. Illustration |
| 38. | a. For | b. Per | c. By | d. At |
| 39. | a. Possessing | b. Hold | c. Owned | d. Have |
| 40. | a. Short | b. Down | c. Low | d. Small |
| <hr/> | | | | |
| 41. | a. Direct | b. Directed | c. Controlled | d. Organized |
| 42. | a. Thrives | b. Thrive | c. Prosper | d. Advance |
| 43. | a. Aggregated | b. Aggregate | c. Mass | d. amount |
| 44. | a. Another | b. The other | c. Others | d. Other |
| 45. | a. create | b. creating | c. produce | d. originate |

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Estudiante, recuerda que resolviendo estas 2 preguntas (6-7) de forma correcta has alcanzado la **COMPETENCIA ALTA**. *Resolviendo correctamente estas preguntas puedes mejorar tu evaluación*

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Estudiante, recuerda que resolviendo esta pregunta final de forma correcta has alcanzado la **COMPETENCIA SUPERIOR**. *Resolviendo correctamente esta pregunta puedes mejorar tu evaluación*

RECUERDA QUE el TALLER DE TRABAJO se envía sólo una vez. La primera entrega es la que se evalúa.

Remember if you have any question don't hesitate on contacting the teacher, he will be there always for you.