

TRABALHO DE ESTUDOS AUTÔNOMOS 2º TRIMESTRE 2026

ALUNO (A): _____ TURMA: _____

VALOR: 12,0 Nota: _____

INSTRUÇÕES: Todas as questões devem ser respondidas a CANETA.

Instruction: Read the text below

Taking Care of Your Mental Health

Our mental health is just as important as our physical health. It's all about how we feel, think, and handle the challenges life throws our way. Let's explore why taking care of our mental well-being matters and what we can do to keep it in good shape.

Imagine our mind as a garden. Just like we water plants to help them grow, we need to nurture our minds too. Positive thoughts and emotions are like sunshine and rain for our mental garden. They help us feel happy, confident, and resilient.

But sometimes, clouds gather in our mental sky. Stress, worry, and sadness can take over. This is normal, but just like we treat a cold, we need to take care of our mental health when it's not feeling its best.

One way to do this is by talking about our feelings. Sharing our worries with someone we trust can lighten the load. It's okay not to be okay sometimes, and asking for help is a sign of strength, not weakness.

Another way is practicing mindfulness. This means paying attention to the present moment without judgment. It can be as simple as focusing on your breath or enjoying the taste of your food. Mindfulness helps us stay grounded and reduces stress.

Physical activity is a great friend of mental health too. Going for a walk, dancing, or playing a sport releases "feel-good" chemicals in our brain, making us feel happier and more relaxed.

Remember, taking care of your mental health isn't just for tough times. Just like we eat veggies to stay healthy, we can do things daily to boost our mental well-being. Spending time with friends and doing things we enjoy are like vitamins for our mind.

In conclusion, our mental health matters, and there are many ways to take care of it. Just as we care for our bodies, we should give our minds the same attention. By nurturing our mental garden, we can lead happier and more balanced lives.

1 - Como o texto compara a saúde mental com um jardim? Explique a analogia e como as emoções positivas podem ser benéficas para nossa saúde mental.

2 - O texto menciona a importância de falar sobre nossos sentimentos. Por que é importante compartilhar preocupações com alguém em quem confiamos? Como isso pode afetar nossa saúde mental?

3 - O que é mindfulness e como essa prática pode contribuir para melhorar nossa saúde mental? Dê exemplos de como alguém pode aplicar o mindfulness no dia a dia.

4 - O texto destaca a relação entre atividade física e saúde mental. Como o exercício pode afetar positivamente nosso estado emocional? Dê exemplos de atividades físicas que podem ajudar.

5 - Quais são algumas das ações diárias recomendadas no texto para promover a saúde mental? Explique como passar tempo com amigos e fazer coisas que gostamos podem beneficiar nossa mente.

6 - Explique a função dos Verbos Modais, cite os principais e suas respectivas aplicações

7 - Explique a diferença entre o Simple Future e o Future Perfect. Forneça exemplos.

8 - Descreva a diferença de todos os Past tenses (Past - Present Perfect e Past Perfect). Forneça exemplos.

9 - Responda a seguinte pergunta usando a estrutura adequada:

How long have you been studying at Colégio Sólido?

Instruction: Read the text below

The Future of Education



Education is changing rapidly, and the future looks exciting. In the coming years, classrooms might not be the same as they are today. The way we learn and the tools we use are evolving. Let's take a peek into the future of education.

Imagine a world where students wear virtual reality glasses and step into history lessons. They could witness historical events as if they were right there. This would make learning history much more vivid and engaging.

But it's not just about technology. In the future, students might have more control over what and how they learn. Personalized learning could become the norm. This means that lessons are tailored to each student's pace and interests. If someone loves science but finds math tricky, they could spend more time on science lessons while getting extra help with math.

Traditional classrooms might become less common. Online learning and video lectures are already popular, and they could become even more common. This way, students from different parts of the world can learn together, sharing their perspectives and ideas.

Teachers will still play a crucial role, even in the education of the future. Instead of just giving lectures, they might act as guides, helping students navigate through the sea of information available. They'll encourage critical thinking, problem-solving, and creativity – skills that will be even more important in the future job market.

And what about tests and grades? They might change too. Instead of just memorizing facts for an exam, students could showcase their skills through projects and real-world challenges. This would prepare them better for life beyond school.

Therefore, the education of the future will be a blend of technology, personalization, and collaboration. Students will be active participants in their learning journey, and teachers will be mentors, guiding them towards success. While we can't predict every detail, one thing is clear: the future of education is full of possibilities.

10 - Como a tecnologia pode transformar a forma como os alunos aprendem no futuro, de acordo com o texto? Dê exemplos específicos das possíveis mudanças.
