

## Stages and Phrases

**Stages** are the steps you need to go through to “do” the can-do statement. For example, to talk about healthy ways of living, first the idea is presented, and then why that is a healthy thing to do.

**Phrases** are specific parts of the text you could repurpose by taking out the information specific to this text and adding in the information relevant to your own. For example, “Learning, because it increases your self-confidence and gives you a feeling of accomplishment” can be changed to “\_\_\_\_\_, because it \_\_\_\_\_ and gives you a feeling of \_\_\_\_\_”. Then you can fill in your own information.

- 1) Look at the transcript or text for a text and decide what stages are involved, such as an introduction, and listing information about each piece of advice. List these stages and the numbered lines in the transcript or text associated with each stage.

*Example:*

What not to do: lines 1-2, 7-8, 13-15

- 2) For each numbered line in the transcript or text, take out the specific information and replace it with blanks.

*Example:*

والنشاط البدني الذي لا يعني بالضرورة الذهاب إلى صالة الرياضة بل يكفي أن  
تجد نشاطاً تشعرهك بالبهجة

becomes:

و\_\_\_\_\_ الذي لا يعني \_\_\_\_\_ بل يكفي أن  
\_\_\_\_\_

- 3) Fill in the blanks with your own information.

*Example:*

و\_الجرى\_ الذي لا يعنى\_ لازم تجرى\_ بل يكفى أن\_ بحرك جسمك مثلا المشى  
فى الحى\_