

# IELTS Vocabulary

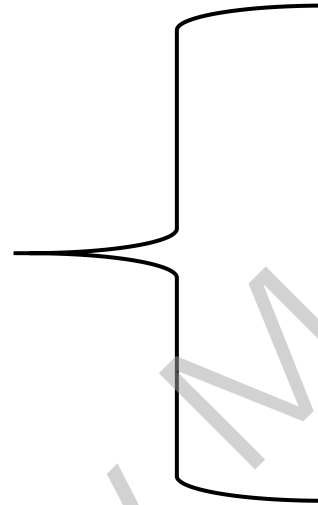
——尤梦怡 Melanie



# CONTENTS



**Mental & physical  
Development**



**the body**

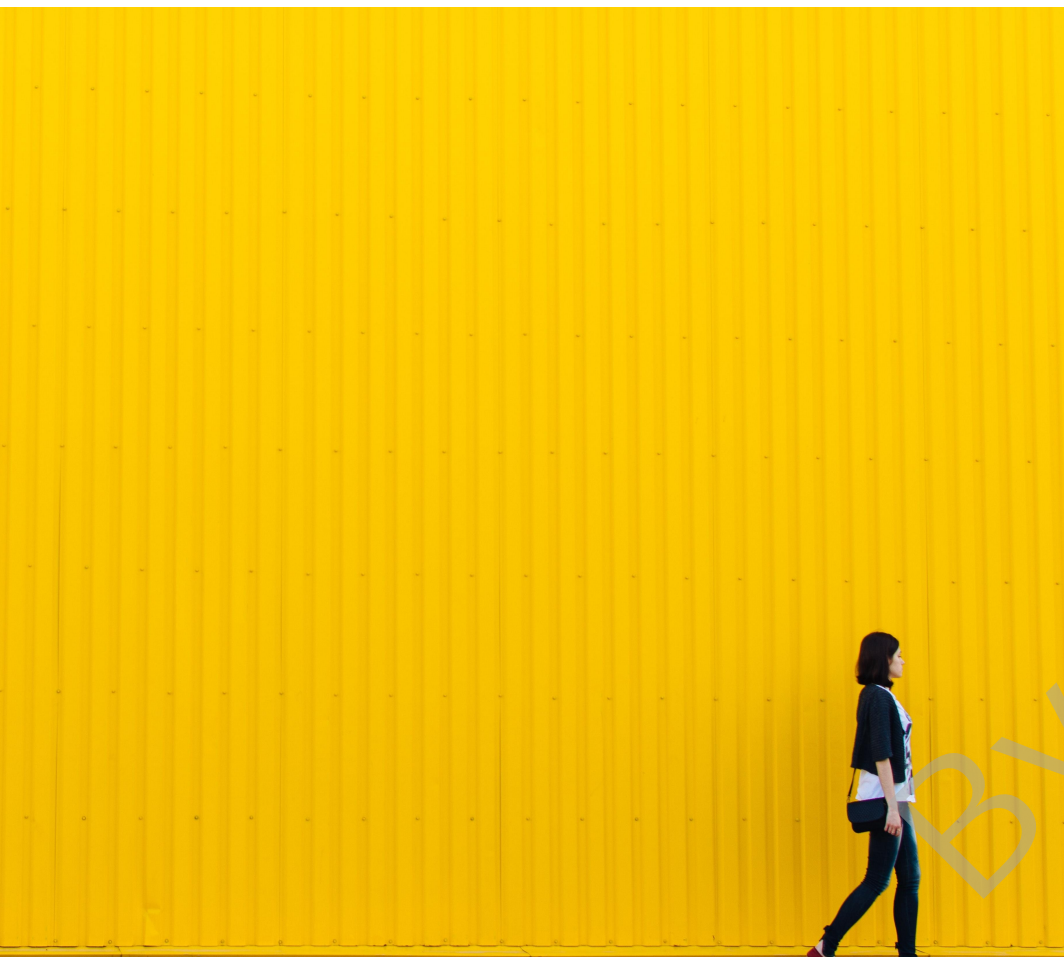
**the mind**





# Lesson Objectives

- Master key vocabulary about body and mind
- Apply them in IELTS Speaking & Writing tasks
- Improve fluency and natural expression



# Vocabulary: Life Stages



**Pic 1**



**Pic 2**



**Pic 3**



**Pic 4**



**Pic 5**



**Pic 6**

- A. adolescent
- B. child
- C. toddler
- D. adult
- E. elderly
- F. baby



# Vocabulary: Life Stages



**baby**



**toddler** /'tɒdlə(r)/  
学步儿童 (1~3)



**child**



**adolescent** /ˌædəˈlesnt/  
青春期的 (12 ~ 18)



**adult**  
/'ædʌlt/; /ə'dʌlt/



**elderly**

# What do people learn or do at each stage?

**baby**   **B**   **toddler**   **D**   **child**   **F**   **adolescent**   **A**   **adult**   **E**   **elderly**   **C**

**A**

- develop abstract thinking
- experience body change (growth spurt)
- seek peer group acceptance
- form a personal identity

**B**

- making simple sounds
- sit and crawl
- crying to communicate needs

**C**

- retire from their positions :
- adapt to aging;
- maintain well-being;

**D**

rapid language development; throw a tantrum  
walk and run ; use tools (eg. spoon)  
strong will and independence

**E**

more mature: life responsibility,  
professional competence, relationship  
management

**F**

think logically about events;  
steady physical growth;  
learn to manage emotions

# Vocabulary: milestones in different Life Stages



Write NO MORE THAN TWO WORDS for each answer.

| Stage            | Social and emotional milestones   | Physical milestones   | Cognitive and communicative milestones  |
|------------------|---|---|---|
| Infant           | <ul style="list-style-type: none"><li>likes to mimic</li><li>tries to see how parents react to their (1) .....</li></ul>                                      | <ul style="list-style-type: none"><li>can sit and stand without help</li></ul>  | <ul style="list-style-type: none"><li>can use basic words and (2) .....</li><li>uses objects for their intended purpose</li></ul> |
| (3) .....        | <ul style="list-style-type: none"><li>is more (4) .....</li><li>takes turns</li></ul>   | <ul style="list-style-type: none"><li>is able to<ul style="list-style-type: none"><li>run</li><li>(5) ..... things</li><li>ride a tricycle</li></ul></li></ul>      | <ul style="list-style-type: none"><li>greater understanding of language</li><li>uses (6) ..... in play</li></ul>                  |
| Middle childhood | <ul style="list-style-type: none"><li>the (7) ..... has a greater impact on development</li><li>some children appear grown up, others are (8) .....</li></ul> | <ul style="list-style-type: none"><li>growth is not as (9) ..... as in earlier stages</li><li>(10) ..... and (11) ..... are the same size as in adulthood</li></ul> | <ul style="list-style-type: none"><li>good reading and writing (12) .....</li></ul>   |



# Vocabulary: Life Stages

Write NO MORE THAN TWO WORDS for each answer.

| Stage                | Social and emotional milestones  | Physical milestones   | Cognitive and communicative milestones   |
|----------------------|--|---|--|
| Infant               | <ul style="list-style-type: none"><li>likes to mimic</li><li>tries to see how parents react to their (1) .....<br/>behavior/behaviour</li></ul>  | <ul style="list-style-type: none"><li>can sit and stand without help</li></ul>  | <ul style="list-style-type: none"><li>can use basic words and (2) .....<br/>gestures</li><li>uses objects for their intended purpose</li></ul> |
| (3) .....<br>Toddler | <ul style="list-style-type: none"><li>is more (4) .....<br/>independent</li><li>takes turns</li></ul>  | <ul style="list-style-type: none"><li>is able to<ul style="list-style-type: none"><li>run</li><li>(5) ..... climb ..... things</li><li>ride a tricycle</li></ul></li></ul>                        | <ul style="list-style-type: none"><li>greater understanding of language<br/>imagination</li><li>uses (6) .....<br/>in play</li></ul>           |
| Middle childhood     | <ul style="list-style-type: none"><li>the (7) ..... outside world .....<br/>has a greater impact on development</li><li>some children appear grown up, others are (8) .....<br/>immature</li></ul> | <ul style="list-style-type: none"><li>growth is not as (9) ..... rapid ..... as in earlier stages</li><li>(10) ..... and (11) ..... teeth; eyes ..... are the same size as in adulthood</li></ul> | <ul style="list-style-type: none"><li>good reading and writing (12) .....<br/>skills</li></ul>   |



# Vocabulary: Life Stages

As a/an

**baby/infant**

mimic;  
use gestures

When kids reach 2~3  
years old, that is

**toddler**

more independent  
run; climb; ride ...  
understand long sentences  
& use imagination

Moving onto

**middle childhood**

some are grown up while  
some are immature;  
have greater reading &  
writing skills

# Vocabulary: Mental & Emotional Development

**Read this text about development in adolescence. Underline physical change and mental change.**

The journey through adolescence is a profound transition from childhood to adulthood, heavily influenced by one's peers. During this time, teenagers often become intensely self-conscious and overly sensitive, constantly comparing themselves to their friends.

Physically, the significant gains in height and weight during a growth spurt can be disorienting, causing many to go through a clumsy phase where they might feel unsteady on their feet.

Emotionally, the pressure to fit in can be overwhelming. While a young child might throw a tantrum, a teenager is more likely to rebel against their parents, seeking approval from their peer group. However, this struggle is also a crucial learning ground. With guidance rather than overindulgent parenting, they start to become able to accept the consequences of their actions. Gradually, as they learn to think logically and hypothetically about their future, they build the maturity needed for adulthood.



# Vocabulary: Mental & Emotional Development

Read this text about development in adolescence. Then figure out the meaning of underlined words in bold.

The journey through adolescence is a profound transition from childhood to adulthood, heavily influenced by one's peers. During this time, teenagers often become intensely self-conscious and overly sensitive, constantly comparing themselves to their friends. Physically, the significant gains in height and weight during a growth spurt can be disorienting, causing many to go through a clumsy phase where they might feel unsteady on their feet. Emotionally, the pressure to fit in can be overwhelming. While a young child might throw a tantrum, a teenager is more likely to rebel against their parents, seeking approval from their peer group. However, this struggle is also a crucial learning ground. With guidance rather than overindulgent parenting, they start to become able to accept the consequences of their actions. Gradually, as they learn to think logically and hypothetically about their future, they build the maturity needed for adulthood.

# Vocabulary: Mental & Emotional Development

adolescence

transition for teenagers

## Mental change:

self-conscious  
overly sensitive  
rebel against their parents  
able to accept the consequences  
of their actions  
think logically and hypothetically.

## Physical change:

significant gains in height and  
weight– growth spurt  
go through a clumsy phase



# Practice:

Complete the sentences below by using the words provided.

Keywords to use:

self-conscious, abstract, transition, rebellious, growth spurt, clumsy, logically, adolescence, peers

1. The period of my adolescence was a time of significant \_\_\_\_\_ for me.
2. I became more \_\_\_\_\_ and often compared myself to my \_\_\_\_\_.
3. Physically, I remember going through a \_\_\_\_\_ which made me feel a bit \_\_\_\_\_ at times.
4. In terms of thinking, I started to understand more \_\_\_\_\_ concepts and could think more \_\_\_\_\_.
5. Like many teenagers, I was \_\_\_\_\_ and sometimes questioned my parents' authority.

# Practice:

Describe your adolescence by using the at least 8 words/phrases below to.

self-conscious, abstract concepts; transition, rebellious, go through a growth spurt, clumsy, logically, adolescence, peers; self-conscious  
overly sensitive; rebel against sb; able to accept the consequences of one's actions; think logically and hypothetically

*The period of my adolescence was a time of significant transition for me.*

*Like many teenagers, I ... [与同龄人? 与父母?]*

*Physically, I remember v-ing .... [身体变化有啥感受?]*

*In terms of thinking, I started to ...*



## Recap:

1. crawling
2. irresponsible
3. overindulgent
4. patient
5. throw a tantrum
6. immature
7. mature
8. overprotective
9. rebellious
10. tolerant

| Childhood | Parenthood |
|-----------|------------|
|           |            |

## Recap:

1. crawling
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| Childhood   | Parenthood   |
|---|--|
| <ol style="list-style-type: none"><li>1. crawling</li><li>2. irresponsible</li><li>5. throw a tantrum</li><li>6. immature</li><li>9. rebellious</li></ol> | <ol style="list-style-type: none"><li>3. overindulgent</li><li>4. patient</li><li>7. mature</li><li>8. overprotective</li><li>10. tolerant</li></ol> |

## Vocabulary: mind

1. I try to keep an open mind when I meet new people.
2. Bear in mind it might rain later. Take an umbrella with you.
3. She looks tired. She has something on her mind.
4. Traveling abroad can broaden your mind.
5. The doctor's words put my mind at ease.
6. Her birthday slipped my mind because I was too busy with work.

- A. 为某事烦恼；
- B. 使某人安心；让某人不再担心
- C. 保持开放的心态；不急于下判断
- D. 记住；牢记；
- E. 一时忘记；
- F. 开阔眼界；

## Vocabulary: mind

1. keep an open mind
2. bear in mind
3. have something on one's mind.
4. broaden one's mind.
5. put one's mind at ease.
6. slip one's my mind

保持开放的心态；不急于下判断  
记住；牢记；  
为某事烦恼；  
开阔眼界；  
让某人不再担心；  
一时忘记；



# Practice:

1. You are nervous before an exam. Your teacher says, “Don’t worry!”

- A. bear in mind
- B. have something on your mind
- C. put your mind at ease
- D. slip your mind

C

# Practice:

2. You travel to new countries and learn about different cultures.

- A. broaden your mind
- B. keep an open mind
- C. have something on your mind
- D. slip your mind

A

# Practice:

3. Your friend looks upset. You ask, "What's wrong?"

- A. put your mind at ease
- B. have something on your mind
- C. bear in mind
- D. keep an open mind

*B*

# Practice:

4. You forgot to reply to your friend's message — you just realized it now!

- A. slip your mind
- B. broaden your mind
- C. bear in mind
- D. put your mind at ease

A



# Practice:

5. When you hear a new idea, you try to listen and not judge too early.

- A. have something on your mind
- B. keep an open mind
- C. slip your mind
- D. put your mind at ease

*B*

## One-minute Speaking practice:

A challenge you faced as a teenager. (至少使用今天学到的10个短语/词汇)

By Melanie

THANKS

By Melasie

