

B1 ENGLISH

CHAPTER 3 Practice 4

In this practice you will learn

B1 ENGLISH CHAPTER 3 Practice 4		Completed		Your Score
		Yes	No	
B1 Speaking	• Responding to news	☐	☐	/
Read these magazines	➤ World Mental Health Day	☐	☐	/
	➤ World Teachers' Day	☐	☐	/

Responding to news

In this video, Noelia gets good news and bad news. Listen to the language Yuna uses to respond to Noelia's news and practise saying the useful phrases.

Before watching

Do the preparation task first. Then watch the video and do the exercises.

Preparation task

Put the phrases (a–h) in the correct group (1–2).

Groups

1. Responding to good news

.....

2. Responding to bad news

.....

Phrases

a. I'm really pleased for you.

b. I'm so sorry.

c. Oh dear.

d. Oh no, that's awful.

e. Oh wow! Congratulations!

f. That's wonderful!

g. Well done.

h. What a shame.

Tasks

Task 1

Write a number (1–6) to put the events in the story in order.

_____ Noelia finds out she's won a prize.

_____ Noelia finds out that she hasn't won the award.

_____ Noelia is waiting for an email.

_____ Noelia destroys the magazine in anger.

_____ Yuna tries to make Noelia feel better.

_____ Yuna congratulates Noelia.

Task 2

Match the two parts of the phrases.

First part

1. I can't
2. Congratulations! That's
3. I'm really pleased
4. Oh
5. Oh no, that's
6. Well
7. What a
8. Can I

Second part

- a. awful.
- b. believe it!
- c. dear.
- d. do anything to help?
- e. done!
- f. for you.
- g. shame.
- h. wonderful!

Task 3

Complete the dialogue with the words from the box.

awful	believe	Congratulations	dear
happened	pleased	shame	wonderful

A: Hey! Good news. They liked the presentation!

B: Oh wow! (1).....!

A: Thank you! I was so nervous. I can't (2)..... it!

B: That's (3)..... . Well done. I'm really (4)..... for you.

A: How are you anyway?

B: Not so great, actually.

A: Oh (5)..... . What's (6).....?

B: I didn't get the job.

A: Oh no, that's (7).....!

B: It's OK.

A: I'm so sorry, really. What a (8).....!

B: Thanks. Anyway ... we should celebrate your presentation!

Discussion

Have you had any good news recently?

Transcript

Ana: Hi! I'm Ana. Welcome to *What to Say!*

Do you know what to say when you respond to news? Listen out for useful language for responding to news. Then, we'll practise saying the new phrases – after this.

Noelia: Yes, yes, yes. Ah, I did it!

Yuna: Good news, then?

Noelia: Yes! I won the award!

Yuna: Oh wow! Congratulations!

Noelia: Thank you! It's so exciting. I can't believe it!

Yuna: I know! That's wonderful! Well done, Noelia. I'm really pleased for you.

Noelia: WHAT? You cannot be serious!

Yuna: Oh dear. What's happened?

Noelia: They sent me the wrong email. I didn't win. Someone else won.

Yuna: Oh no, that's awful!

Noelia: Yes. It. Is.

Yuna: I'm so sorry, Noelia. What a shame. Can I do anything to help?

Noelia: Please pass me that magazine. Thanks.

Ana: Hello again! Oh, poor Noelia! That's really disappointing. So, did you notice the useful phrases used for responding to news? Listen to me and then repeat.

Oh wow! Congratulations!

I can't believe it.

That's wonderful!

Well done. I'm really pleased for you.

Oh dear. What's happened?

Oh no, that's awful.

I'm so sorry.

What a shame.

Can I do anything to help?

Ana: Try and use some of these phrases the next time you respond to news in English. Bye for now!

World Mental Health Day

World Mental Health Day, on 10 October, is a day to raise awareness of the effects mental illness has on millions of people's lives across the world, and to help educate and inform us all.

Before reading

Do the preparation task first. Then read the article and do the exercises.

Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary

1. volunteering
2. stigma
3. treatment
4. work–life balance
5. anxiety
6. depression
7. nutrients
8. wellness

Definition

- a. things plants and animals need to live or grow
- b. the use of drugs, exercise, etc. to help someone who is ill
- c. working to help people without being paid
- d. a strong feeling of disapproval society has about something
- e. the state of being healthy
- f. time spent working compared to time spent doing what you enjoy
- g. feeling very unhappy and without hope
- h. feeling nervous or worried about what is happening or what might happen

Mental health

Around the world, one in four people will have some kind of mental illness during their lifetime. Around 450 million people are living with a mental health problem right now, making it one of the biggest health issues in the world. Yet people rarely talk about any mental health problems they have because there is still a lot of stigma.

World Mental Health Day

World Mental Health (WMH) Day was first celebrated in 1992. It was created to raise awareness of just how common mental health issues are, fight against stigma and campaign for better conditions and treatment for people who have a mental health problem. The number of people and organisations involved in celebrating WMH Day has grown and grown, and now many countries, such as Australia, actually have a Mental Health Week, which includes WMH Day on 10 October. Each year there is a different theme. For example, in 2017 the theme was mental health in the workplace.

Mental health in the workplace

Employers should create an environment which supports good mental health. This also helps to reduce the number of days employees take off work. Employers should help employees to achieve a good work-life balance by encouraging them to take breaks and holidays and discouraging them from working at home in the evenings and at weekends. Employees should also feel that they can talk to their managers about any problems they might have, and employers should be supportive.

Get some exercise

Of course, we also need to look after our own mental health. Most people know that exercise is good for your body, but did you also know how good it is for your mental health? Regular exercise can really help you deal with anxiety and depression. Spending time in nature can also make people more relaxed and reduce stress. So why not get your exercise by going for a walk in a park or the countryside?

Eat well

Your diet can also change your mood. If you eat crisps, cake, chocolate, etc., your blood sugar will rise and fall, making you feel cross and tired. Make sure you are eating enough vegetables and fruit or you may be missing some nutrients you need to feel good. It's also important to drink enough water – being thirsty can make it difficult to think clearly.

Spend time with family and friends

Everyone needs some time alone, but it's also good for us to spend time with other people. If you feel lonely, try volunteering. It's a good way of meeting new people, and you will feel good for helping others. One survey showed that 48 per cent of people who volunteered for more than two years said they felt less depressed as a result. If you do have close friends and family, try talking to them more about how you feel and asking them to support you. Every time someone speaks to someone else about mental illness, it helps to reduce the stigma.

What to do on World Mental Health Day

World Mental Health Day encourages us to be more aware of both our own mental health and other people's. As well as looking after yourself, think about how you could support other people. For example, you could find out more about common issues such as anxiety and depression, so you will understand friends' and colleagues' problems better. You could also encourage your workplace to start a wellness programme that would benefit everyone – they might offer free exercise classes or encourage employees to take walks at lunchtime. Companies with wellness programmes have found employees take 28 per cent less time off for sickness.

Anything you do on WMH Day, even just talking to people about it, will help us all to understand and support people better.

Source:

http://www.who.int/mental_health/world-mental-health-day/en/

Tasks

Task 1

Are the sentences true or false?

	Answer	
1. People don't often talk about mental health problems because they are not very common.	True	False
2. Australia doesn't celebrate World Mental Health Day.	True	False
3. The writer thinks that working at home on evenings and weekends is not a good idea.	True	False
4. The writer believes that exercising outdoors may be better than exercising indoors.	True	False
5. Volunteering could make you less depressed.	True	False
6. Wellness programmes at work benefit employees but not employers.	True	False

Task 2

Complete the sentences with words from the box.

anxiety	cross	four
stigma	supportive	theme

1. Around the world, one in people have some kind of mental illness.
2. Mental health in the workplace was the of WMH Day in 2017.
3. Employers should be towards people with mental health issues.
4. Regular exercise can improve and depression.
5. Eating junk food can make you feel and tired.
6. Every time someone speaks about mental illness it helps to reduce the

Discussion

In what other ways can you support yourself and other people to have better mental health?

World Teachers' Day

October 5 is World Teachers' Day. Find out which famous people want to say thank you to their school teachers for their success.

Before reading

Do the preparation task first. Then read the article and do the exercises.

Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary

Definition

- | | |
|-----------------------|---|
| 1. influential | a. to fight and win against something difficult |
| 2. a founder | b. a place where everyone is looking at you; the front of the stage |
| 3. withdrawn | c. to continue to live despite difficult things in your life |
| 4. the spotlight | d. having an effect on other people that makes them change the way they do things |
| 5. to inspire | e. shy, quiet |
| 6. to take on | f. an interest in something |
| 7. a spark | g. to make someone want to be a better person |
| 8. to survive | h. the person who starts a company |

World Teachers' Day

Who shapes the person you are the most? Parents or other family members are probably at the top of the list for many people. But a close second place is very likely to go to a teacher. Some of the most influential and successful people in the world have a teacher in their childhood to thank for their success.

The teachers behind famous people

Can you imagine life without the personal computer? Well, without two of Bill Gates's high school teachers, that could be our world today. Gates's maths teacher, Fred Wright, asked him to push himself just a little bit harder. Maybe that's why the founder of Microsoft sometimes slept under his desk in the office instead of going home to relax after work. And his drama teacher, Anne Stephens, helped him discover a love of the spotlight when she made the sometimes withdrawn schoolboy the star of the school play. Gates thanked his teachers, saying, 'There's no way there would be a Microsoft without them doing what they did.'

And he's not the only one. Oprah Winfrey, talk show host, actress and TV producer, was inspired by her fourth grade (age 9–10) teacher, Mrs Duncan. Because of her, Oprah says, 'I felt I could take on the world. You did exactly what teachers are supposed to do. They create a spark for learning that lives with you from then on. It's why I have a talk show today.'

An adult you can trust

For some children, teachers are the only positively influential people in their lives. Antwone Fisher, a best-selling writer, grew up in foster homes, and didn't have many adults that he could trust. But a primary school teacher, Mrs Profitt, was the first adult he ever trusted. 'She spoke to all of us the same way – with respect. No one spoke to me that way before. I think that being with her for three years made all the difference.'

Celebrate teachers

There are thousands more stories like this, from famous people and ordinary people all across the world. That's why UNESCO celebrates teachers on 5 October every year. UNESCO wants us to remember that education is a basic human right and every child should have free education. UNESCO hopes to train 69 million new teachers by 2030 so that everyone can go to school, because, sadly, 264 million children in the world today are not in school because there aren't enough teachers. Those children are often in places where life is already very difficult because they live in poor areas or far away from cities and towns, or they are escaping war in their own countries.

A day to say 'Thank you'

So, if you have a teacher, you're one of the lucky ones. One day, you'll probably look back at your life, your successes, the dreams you've made come true or the difficult things you've survived. The chances are high that you'll find a teacher's words have helped you achieve these things. Perhaps you already know who that teacher will be. Why not find them and say thank you today on World Teachers' Day?

If you're a teacher, you can celebrate World Teachers' Day by attending the Five on 5 webinars on our TeachingEnglish website:

<https://www.teachingenglish.org.uk/events/webinars>

Sources:

<https://en.unesco.org/events/world-teachers-day-2018-international-conference>

<https://www.biography.com/people/bill-gates-9307520>

<http://www.oprah.com/oprahshow/the-teachers-who-changed-oprahs-life/all>

<https://sites.sph.harvard.edu/wmy/celebrities/antwone-fisher/>

Tasks

Task 1

Are the sentences true or false?

	Answer	
1. Bill Gates slept under his desk at school.	True	False
2. Bill Gates's drama teacher helped him to be good at public speaking.	True	False
3. Oprah Winfrey's teacher taught her how to act.	True	False
4. Mrs Profitt gave Antwone Fisher the belief that he was good enough.	True	False
5. The world needs 264 million new teachers.	True	False
6. Most people have probably had a teacher who inspired them.	True	False

Task 2

Put the words and phrases in order to make sentences.

1. you are. shape the Teachers person
2. a Microsoft There's my teachers. there would be no way without
3. inspired her teacher. was by Oprah Winfrey
4. for create Teachers learning. a spark
5. the world. can I feel on take I
6. ever was Mrs Profitt Antwone Fisher the first adult trusted.

Discussion

Who is the best teacher you've ever had?