

araq

StartUp 6

Reading

Unit2 – Lesson4

Page24



Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

Teach the form of the word. Then ask some concept checking questions.



SHELTER

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

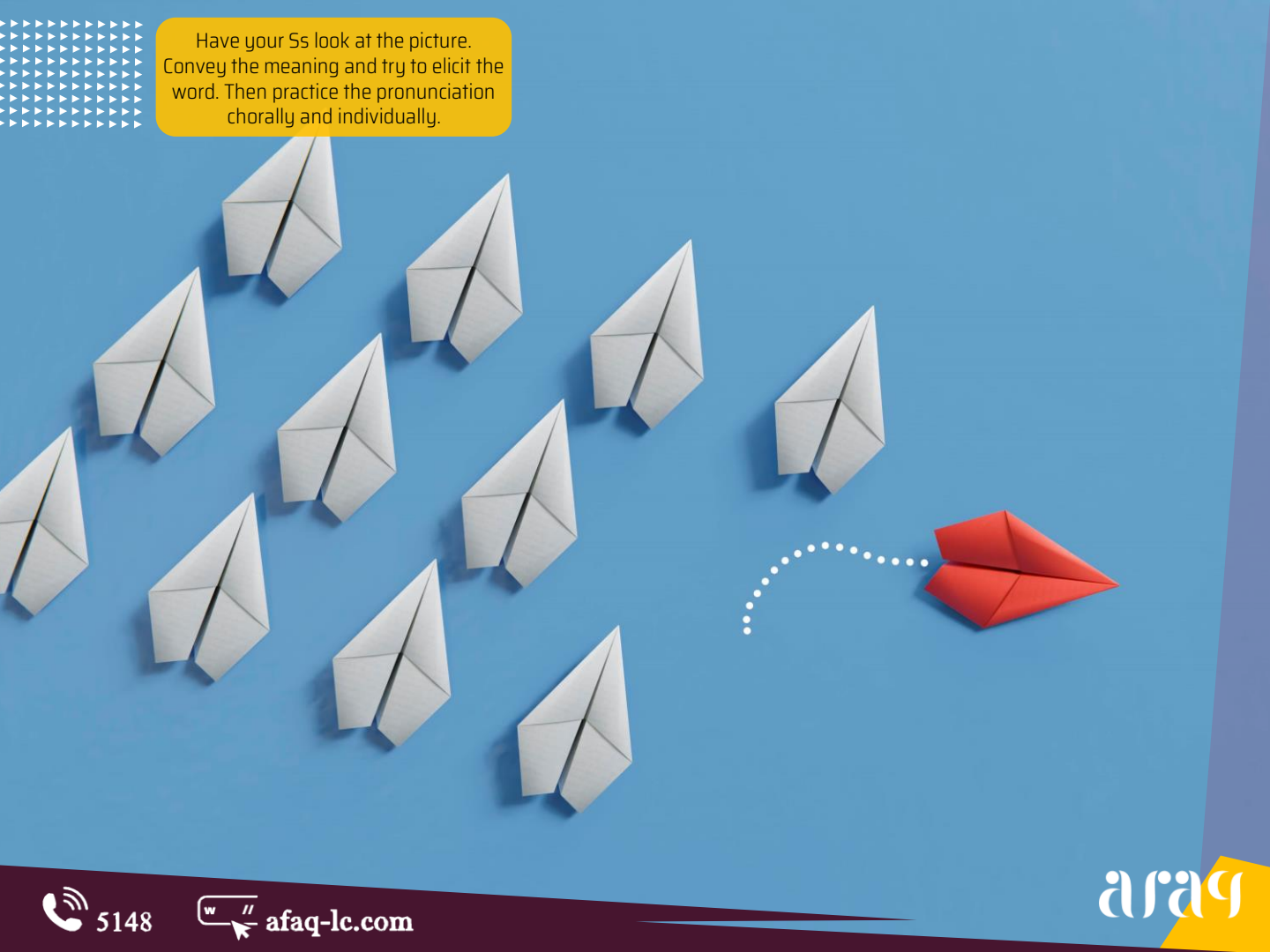


Teach the form of the word. Then ask some concept checking questions.

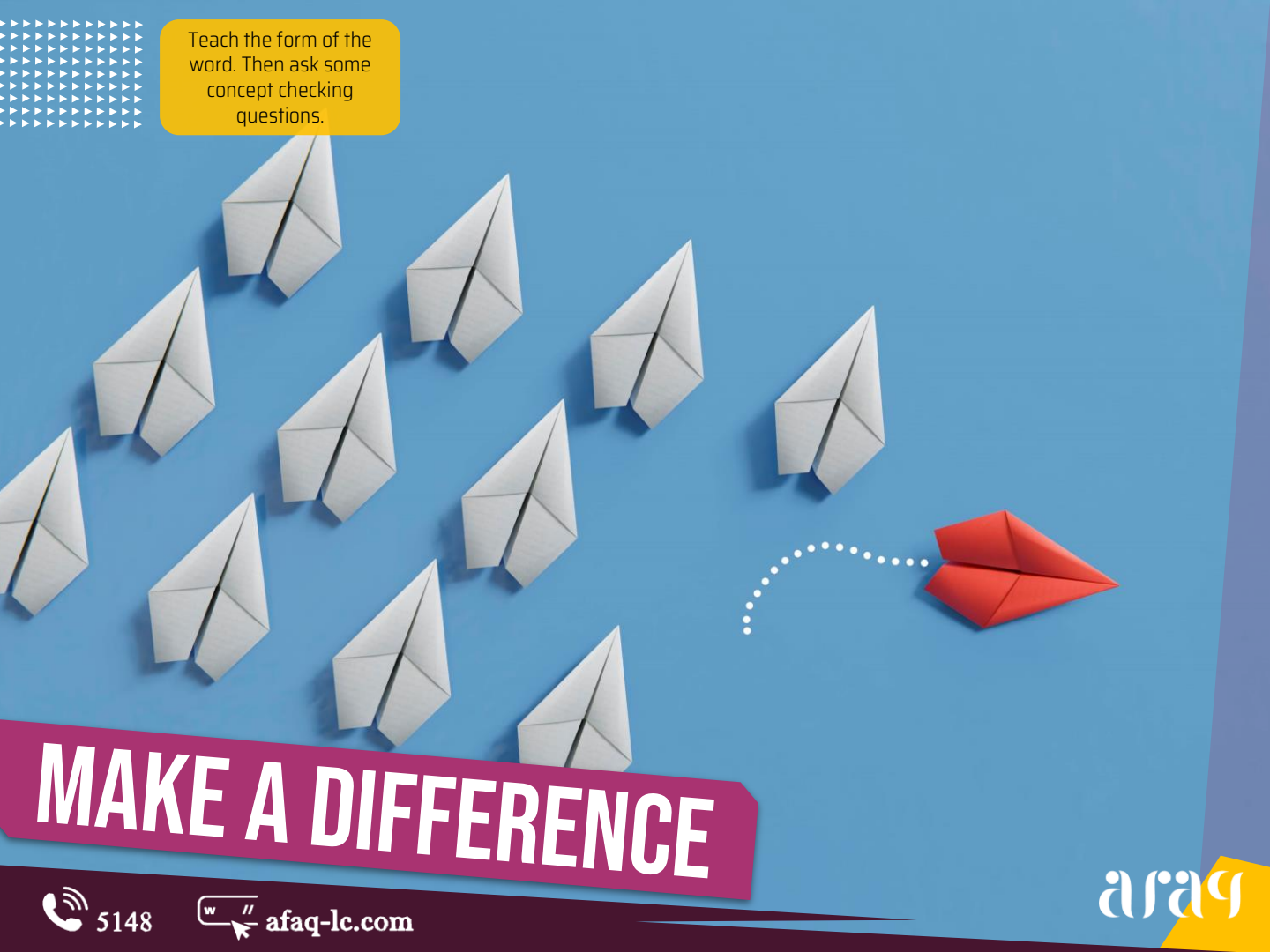


MOOD

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



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MAKE A DIFFERENCE



Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

Teach the form of the word. Then ask some concept checking questions.



GENEROUS



Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

Teach the form of the word. Then ask some concept checking questions.



BLOOD PRESSURE

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



PERSPECTIVE

FILL IN THE BLANKS.

GO TO PAGE 130

a shelter: a place where people can go if they have no home or are being treated badly
a mood: the way you feel at a particular time
make a difference: to do something that will have an important effect on someone or something
generous: giving people more of your money or time than is expected
blood pressure: the force with which blood moves through the body
a perspective: a way of feeling about something that is influenced by the kind of person you are or by your experiences

1. When the charity met its fundraising goal, all the volunteers were in a good _____ .
2. The CEO recently made a(n) _____ offer to give everyone free computers.
3. Seeing how people in other parts of the world live has changed my _____ on life.
4. Reducing your stress can help you lower your _____ and feel better.
5. They stayed in a homeless _____ until they had enough money to buy a new
6. Volunteering is one way to_____ home. in other people's lives.

Have your students do the task in class. Then check the answers right away.

Have your Ss preview the text and answer the task. If necessary provide enough explanation about how to preview the text.

A PREVIEW Read the title and the subheadings. Look at the photos. What do you think the article will be about?

GIVING REALLY IS GOOD FOR YOU

Better Mental Health

Better Physical Health

Giving Can Take Many Forms





Have your Ss listen to the audio and answer the question. Check the answers in class.

LISTEN TO THE AUDIO CAREFULLY.

2-19



What is the main idea?

GIVING REALLY IS GOOD FOR YOU



For weeks after Leslie lost the job she loved, she felt terrible. Then, one day after another disappointing job interview, she passed a homeless shelter and decided on the spot to volunteer there. Just making the decision made her feel good, and since then, her mood has improved a lot.

"I started volunteering because I wanted to make a difference in people's lives," she said, "but since I've started working here, I feel much better. I think volunteering is helping me more than it's helping them."

Leslie's situation isn't really that unusual. People often feel good when they give their time, money, or things to a good cause. What is more surprising, though, is that there is a lot of scientific research that proves giving really is good for our mental and physical health.

Better Mental Health

When researchers at the University of Oregon studied the brains of nineteen women, they discovered something interesting. The pleasure areas in the women's brains lit up, or became more active, when these women chose to donate some money to charity. When we give, our brain chemistry actually changes. Our brains release chemicals, such as serotonin and oxycodone, that make us feel happier.

Giving doesn't just make us happier. It also reduces our stress. Researchers at Yale University and UCLA (University of California, Los Angeles) figured this out by studying the lives of seventy-seven adults. They asked the adults to keep track of two things: how many times each day they felt stressed out and how often they did kind things for others. The people who were kind to others more often were less affected by stress.

Better Physical Health

Being generous doesn't just affect how we feel. Researchers at the University of California and the University of British Columbia have learned that it can also lower people's blood pressure. The researchers gave some money to seventy-three adults with high blood pressure. They told half the adults to spend the money on themselves and the other half to spend the money on other people. After six weeks, the people who had spent the money on other people had lower blood pressure than the people who had spent the money on themselves.

Being generous can not only lower our blood pressure, but it can also help us live longer. Researchers at the University of Michigan determined this by studying 423 elderly couples for five years. They discovered that the elderly people who helped others were more than 50 percent more likely to live longer than those who didn't.

> Giving Can Take Many Forms

Overall, the research showed that it doesn't really matter how or what you give. Whether you donate millions of dollars to medical research or spend an hour a week talking to a lonely person, you can get the same health benefits.

Now, Leslie is still looking for a new job, but volunteering has given her a whole new perspective on life. "The experience has taught me so much," she said. "I'm starting to realize that it really is better to give than receive."



Have Ss identify the correct answer. Go over the answer as a class.



B Answer the questions, according to the article.

1. How did Leslie's mood change after she started volunteering?

   _____

2. What happens to people's brain chemistry when they give?

   _____

3. How does giving affect people's blood pressure?

   _____

4. Does it matter how or what we give? Why or why not?

   _____

Have Ss identify the correct meaning. Go over the answer as a class.



C CLOSE READING **Reread lines 58–62 in the article. Then circle the correct answer.**

How is the second sentence connected to the first sentence?

a. It provides a counterargument.
b. It give examples to support an argument.
c. It asks readers to give their opinion about an argument.

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60 dollars to medical research or spend an hour a week talking to a lonely person, you can get the same health benefits.

D Read the Reading Skill. Then reread the article and complete the chart.

The information	The source of the information
Giving changes people's brain chemistry.	researchers at the University of Oregon
Giving reduces people's stress.	
Giving lowers people's blood pressure.	
Giving makes people live longer.	

READING SKILL

Identify sources of information

Think about where the information in an article is coming from. This will help you judge the quality of the information.

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Now, Leslie is still looking for a new job, but volunteering has given her a whole new perspective on life. "The experience has taught me so much," she said. "I'm starting to realize that it really is better to give than receive."



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WHAT WAS THE ARTICLE ABOUT? RETELL THE MOST IMPORTANT IDEAS. USE YOUR OWN WORDS.

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READ THE TEXT AND UNDERLINE ANY NEW WORDS YOU DO NOT KNOW.

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AS HOMEWORK USE A DICTIONARY TO LOOK UP THE WORDS AND LEARN THEM.

Give a couple of minutes to your Ss to think about the topic they intend to share. Provide adequate samples.

A THINK When was the last time you helped a stranger? What did you do? How did the person feel? How did you feel? Why did you feel this way?



Have your Ss share what they have prepared in their breakout rooms. Monitor the groups and share your FEEDBACK afterwards.

PAIRS Share your experiences.

