araq

StartUp 4
Vocabulary

Unit6 – Lesson2
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Have your Ss preview the definitions and match them with the phrases. Check the answers in class.

MATCH the definitions with the phrases.

go offline – reduce your stress- take time off – burn out – make time for yourself – take a break – keep a work-life balance – set realistic goals

1 : to take the time to do the things that make you feel relaxed and happy

2 : to worry less about things in your work or personal life

3 : to have time for work, your family and friends, and yourself

4 : to make plans that are likely to be successful

5 : to make time for a short rest

6 : to stop using the internet for a period of time

7 : to take a break from work or school for a period of time

8 : to do an activity so often and for so long that you don't want to do it anymore





SU-MIN KIM

@Su-minK

Flavio's the best—like a big brother! He always makes me feel better.

1 VOCABULARY Managing stress

A ▶06-08 Listen. Then listen and repeat.

make time for yourself: to take the time to do the things that make you feel relaxed and happy

reduce your stress: to worry less about things in your work or personal life

keep a work-life balance: to have time for work, your family and friends, and yourself

set realistic goals: to make plans that are likely to be successful

take a break: to make time for a short rest

go offline: to stop using the internet for a period of time

take time off: to take a break from work or school for a period of time

burn out: to do an activity so often and for so long that you don't want to do it anymore



B **Complete the sentences with the phrases from 1A. More than one answer may be possible. Use each phrase only one time.**

1. Thinking positively and talking to trusted friends and family are good ways to _____.
2. You're working too hard. You need to _____. Why don't you stop and get some coffee?
3. He works all the time and he's never home. He doesn't know how to _____.
4. You always promise to do too much, and then you can't finish on time. You need to _____.
5. If you don't take breaks, you're going to _____.

make time for yourself: to take the time to do the things that make you feel relaxed and happy
reduce your stress: to worry less about things in your work or personal life
keep a work-life balance: to have time for work, your family and friends, and yourself
set realistic goals: to make plans that are likely to be successful
take a break: to make time for a short rest
go offline: to stop using the internet for a period of time
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burn out: to do an activity so often and for so long that you don't want to do it anymore

Have the Ss think for a while and do the task in class.

Activity

B Complete the paragraphs with words from the box.

balance	burn	off	realistic
break	make	offline	reduce

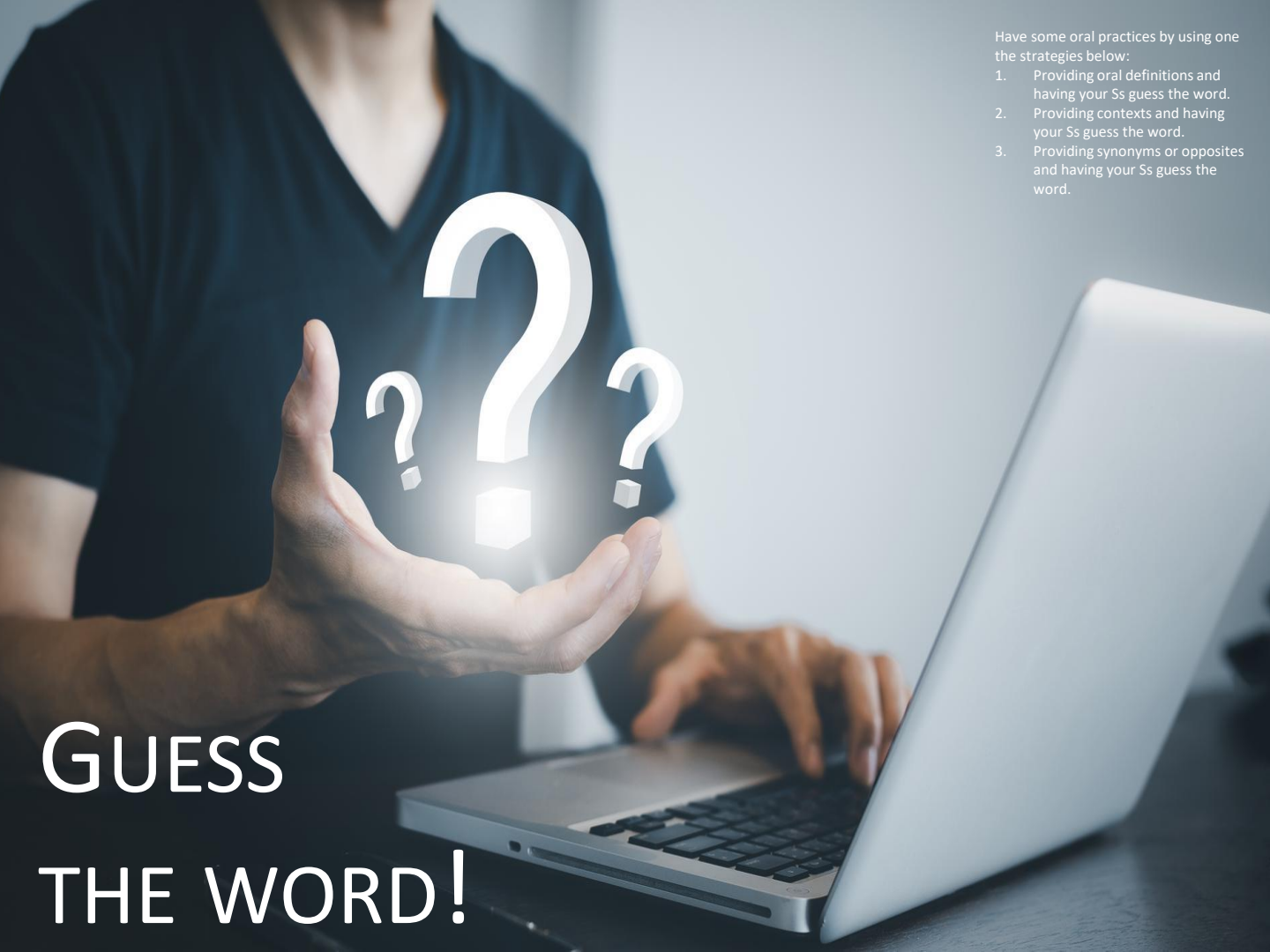


Many people work too hard these days, but there are many ways that you can _____ (1.) your stress.

First of all, when you are working, remember to take a _____ (2.) every hour or so, even if it's just to stand up and stretch for a minute. And be sure to set _____ (3.) goals for yourself during the day. Don't try to do everything at once.

You need to find a good work-life _____ (4.). Don't just work all the time–take time _____ (5.) once in a while. You don't want to _____ (6.) out from working all the time.

And when you're not at work, don't give *all* of your time to others–_____ (7.) time for yourself, too. And make sure that you go _____ (8.) for some of that time. The Internet may just be adding to your stress.



Have some oral practices by using one the strategies below:

1. Providing oral definitions and having your Ss guess the word.
2. Providing contexts and having your Ss guess the word.
3. Providing synonyms or opposites and having your Ss guess the word.

GUESS THE WORD!

Have Ss do the activation task in breakout rooms.

C PAIRS Which of the things in 1A do you find difficult to do? Explain.

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