

ПРИКАРПАТСЬКИЙ НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ
ІМЕНІ ВАСИЛЯ СТЕФАНІКА
ФАКУЛЬТЕТ ІНОЗЕМНИХ МОВ
КАФЕДРА АНГЛІЙСЬКОЇ ФІЛОЛОГІЇ

TALKING WITH TED
STUDENT'S BOOK

(практикум для формування комунікативної компетентності студентів)

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Навчально-методичний посібник "TALKING WITH TED. Student's Book" призначений для студентів, які вивчають англійську мову як основну та як другу іноземну мову будь-якого рівня володіння. Він базується на використанні виступів TED Talks для поглибленого вивчення мови та розвитку критичного мислення. Завдання посібника побудовані на сучасній англійській мові, що забезпечує їх реалістичність для різноманітних життєвих ситуацій. Систематизований рівень складності завдань дозволяє студентам прогресувати в навчанні. Особлива увага приділяється розвитку навичок розуміння та аналізу текстів виступів. Посібник містить спеціально відібраний вокабуляр для кращого розуміння та аналізу матеріалу.

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МЕТОДИЧНІ РЕКОМЕНДАЦІЇ

Навчально-методичний посібник містить розробки до 12 виступів з конференцій TedEx різних років XXI ст. Відео присвячені темам, які доповнюють основний ресурс задіяний на парах із англійської мови: *consumerism, lifestyle, travelling, climate, health, studying, people and society*.

Доповідачі на відео у більшості випадків не є носіями англійської мови, що може утруднювати сприйняття їхнього мовлення на слух, але в той же час, змушує студентів більш зосереджено слухати та активізувати свої слухові навички, а також це допомагає навчитись працювати із різними акцентами та індивідуальними особливостями вимови, що стане студентам у нагоді в майбутній професії перекладача.

Завдання посібника розміщені згідно наступної схеми роботи із відео ресурсами: *before watching, while watching, after watching*.

Цикл завдань *BEFORE WATCHING* складається із двох вправ: дискусія та робота із вокабуляром. Завдання для обговорення містить питання, які вводять студентів у тему, розкривають певні особливості, змушують звернутись до власного досвіду із певної теми. Рекомендовано використовувати для роботи у парах чи малих групах і перейти до відкритого обговорення.

Завданням для роботи із вокабуляром націлене на активізацію пасивного словникового запасу та використання дедуктивного та індуктивного методів. Це завдання дає студентам необхідний словниковий мінімум для подальшої роботи із відео та виконання наступних завдань. Студентам необхідно віднайти пояснення слова чи словосполучення та запропонувати їх український переклад. Рекомендовано надати студентам час для самостійного виконання вправи, за потреби радимо використовувати словник.

Цикл завдань *WHILE WATCHING* складається із вправ на встановлення правильної відповіді, пошук конкретної інформації, заповнення пропусків. Завдання на віднайдження правильної відповіді націлене на пошук спільного/відмінного у запропонованому реченні та у відео. Завдання на пошук конкретної інформації націлене на розвиток уміння зосереджуватись на

необхідному та виокремлювати ключову інформацію. Рекомендовано виконувати ці вправи під час перегляду відео без додаткових пауз.

Завдання на заповнення пропусків активізує і розвиває слухові навички. Студентам пропонується заповнити пропуски уривку із відео під час перегляду. На першому етапі роботи із цим завданням можна попросити студентів заповнити пропуски самостійно, орієнтуючись на інформацію, яку вони вже отримали переглядаючи відео перший раз. Наступний етап передбачає одночасний перегляд уривку відео та заповнення пропусків. Рекомендовано вмикати уривок не більше двох разів.

Цикл завдань *AFTER WATCHING* складається із заповнення пропусків словами із переліку, дискусія, переклад уривка відео, письмове завдання. Завдання на заповнення пропусків запропонованими словами та словосполученнями має на меті потренувати мовні одиниці активного вокабуляру із відео. Дискусія пропонує питання для обговорення як у парах чи малих групах, так і усіма студентами разом. Завдання на переклад вказаного уривка відео та письмове завдання (есе) рекомендовано використовувати для самостійної роботи студентів в якості домашнього завдання.

HOW TO GAIN CONTROL OF YOUR FREE TIME

by Laura VANDERKAM

The link to the video: <https://www.youtube.com/watch?v=n3kNIFMXslo>

1. Discuss before watching the video:

- ◆ *What is free time? Is there actually any free time?*
- ◆ *Do you use time management? How?*
- ◆ *What are your priorities in everyday life? In longer periods of time (month, season, year, 10 years)?*

2. Match words and phrases on the left with their definitions on the right:

1	time management	A	<i>literary</i> extremely bad or unpleasant.	
2	tardiness	D	ways, life hacking way of doing something easier.	
3	premise	C	a chronological set of records, the document of the sequence of employee activities or planned employee activities.	
4	backward	D	is a list of matters you prefer to do the first.	
5	payroll	E	is a long-distance road running competition over a distance of five kilometers.	
6	annual performance review	F	a statement or idea that you accept as true and use as a base for developing other ideas.	

7	Wretched	G	is a short trip that you make to do a job for someone.	
8	to run a 5K	H	Digital Video Recorder.	
9	empowering	I	having or showing reason and good judgment in making decisions.	
10	errand	J	any type of employment undertaken in addition to one's full-time job.	
11	tips and tricks	K	to give someone more control over their own life or situation.	
12	judicious	L	refers to the way that you organize and plan how long you spend on specific activities.	
13	time log	M	sparkling or shining brightly.	
14	DVR	N	a person or thing acting or serving in place of another.	
15	scintillating	O	jobs than demand o lot of time, efforts and can lead to emotional exhaustion.	
16	sopping	P	looking or facing in the direction that is behind you.	
17	priority list	Q	saturated with liquid; wet through.	
18	side hustle	R	the quality or fact of being late; lateness.	
19	substitute	S	not productive time, period of wasting time.	

20	a "low opportunity cost" time	T	is a report used to promote communication and provide useful feedback about job performance, to facilitate better working relationships, to provide an historical record of performance and to contribute to professional development.	
21	demanding jobs	U	if someone is on the payroll of a company, they are employed by that company.	

3. Check True or False. Then correct the false statements.

1	Laura has never been late.	TRUE	FALSE
2	She recently did a time diary project looking at 101 days in the lives of extremely busy women.	TRUE	FALSE
3	One of the women whose time log she studied goes out on a Wednesday night for something. She comes home to find that her water heater has broken.	TRUE	FALSE
4	This woman would always find time for you.	TRUE	FALSE
5	One of the busiest women was unavailable to speak because it was a beautiful spring morning, and she wanted to go for a hike.	TRUE	FALSE
6	Laura said that we should always send family holiday letters.	TRUE	FALSE
7	The best time to make your schedule is Friday afternoon.	TRUE	FALSE
8	One of the women whose time log she studied goes out on a Wednesday night for something. She comes home to find that her water heater has broken.	TRUE	FALSE

4. Think of the facts that the following figures, dates and numbers are related to:

4	8	32	1001	7	12	3	168	40
---	---	----	------	---	----	---	-----	----

5. What did she say?

Watch the video and complete the commentary.

And what this shows us is that _____. We cannot make more time, but time will _____ what we choose to put into it.

And so the key to _____ is treating our _____ as the equivalent of that broken water heater. To get at this, I like to use language from one of the busiest people I ever interviewed. By busy, I mean she _____ with 12 people on the payroll, she had six children in her _____. I was getting in touch with her to _____ on how she "had it all" -- that phrase. I remember it was a Thursday morning, and she was not _____ with me. Of course, right?

But the _____ she was unavailable to speak with me is that she was out for _____, because it was a beautiful spring morning, and she wanted to go for a hike. So of course this makes me even more _____, and when I finally do _____, she explains it like this. She says, "Listen Laura, everything I do, every minute I spend, is _____." And rather than say, "I don't have time to do x, y or z," she'd say, "I don't do x, y or z because it's not a _____." "I don't have time," often means "It's not a priority." If you think about it, that's really more accurate language. I could tell you I don't have time to _____ my blinds, but that's not true. If you offered to pay me _____ to dust my blinds, I would get to it pretty quickly.

6. Use the words in the box to complete sentences. Pay attention to grammar.

elastic	run	hike	priority	choice	intrigue	set up
management	tardiness	tips and tricks	scintillating;	sopping		

1. My working time is highly _____, I only do what I want to do, _____ are always on the first place. I cherish being able to make my own _____ and time _____ is a great tool to avoid _____. There are a few secrets in _____ a business, but I never share my _____.
2. He _____ a date with her in a _____ place full of light decorations somewhere in in the forest. Unfortunately, she couldn't _____ in here high hills, so she was not _____ but full of pain, and her dress was _____ wet because of her tears.

7. Questions for discussions:

1. What methods does Laura mention to save time? Do they really work?
2. Do you have enough free time? Do you know how to manage it?
3. What did Laura understand after observing the time log of a busy woman? How can it help you in your everyday life?
4. What should a schedule consist of? Priorities or things that we need to do? What does your schedule include?
5. Is it possible to build up our schedule only around our priorities? Why?
6. Should people always have time for you? Are you ready to hear «no» when you ask something?
7. What would you write in your “future” Family Holiday Letter?

8. Explain your opinion on these statements from the video:

- ❖ “... the idea is we'll save bits of time here and there, add it up, we will finally get to everything we want to do.”
- ❖ “We build the lives we want, and then time saves itself.”

- ❖ “We cannot make more time, but time will stretch to accommodate what we choose to put into it.”
- ❖ “But when most of us have bits of time, what do we do? Pull out the phone, right?”

9. Provide an artistic translation of the speech part from Task 5 (in writing).

10. Provide an opinion essay (300 words) on the quote:

“Even if we are busy, we have time for what matters. And when we focus on what matters, we can build the lives we want in the time we've got.”

HOW TO BUY HAPPINESS

by Michael Norton

The link to the video: <https://www.youtube.com/watch?v=PsikhFWDt3Y&t=28s>

1. Discuss before watching the video:

- ◆ *Do you know how to “buy” happiness?*
- ◆ *Can money buy happiness? Provide arguments.*
- ◆ *If you are given \$50, will this make you feel happier? What amount of money will?*

2. Match words and phrases on the left with their definitions on the right:

1	to resonate	A	things of little importance or value.	
2	debt	B	books that instruct its readers on solving personal problems.	
3	undergrads	C	(Cable News Network) is an American news-based pay television channel.	
4	target	D	a photograph printed on shiny paper.	
5	affluent	E	to annoy someone:	
6	trivial things	F	having a great deal of money; wealthy.	
7	correlated	G	is a team sport in which players on two teams try to throw balls and hit opponents, while	

			<p>avoiding being hit themselves.</p> <p>The objective of each team is to eliminate all members of the opposing team by hitting them with thrown balls, catching a ball thrown by an opponent, or inducing an opponent to commit a violation, such as stepping outside the court.</p>	
8	to infiltrate	H	not sociable or wanting the company of others.	
9	self-help books	I	evoke images, memories, and emotions.	
10	antisocial	J	is an element, pattern, trait, or institution that is common to all <u>human cultures</u> worldwide.	
11	natural experiment	K	is a <u>social behavior</u> that benefits other people or society as a whole, such as helping, sharing, donating, co-operating, and volunteering.	
12	CNN	L	to illegally force someone to give you something, especially money, by threatening them.	
13	glossy	M	a person, object, or place selected as the aim of an attack.	
14	to extort	N	the process of finding out what people think about something	

			by asking many people the same question, or the record of the result.	
15	to bug	O	enter or gain access to (an organization, place, etc.) surreptitiously and gradually, especially in order to acquire secret information.	
16	human universals	P	the act of giving something, especially money, to help a person or an organization.	
17	donation	Q	is an empirical study in which individuals (or clusters of individuals) are exposed to the experimental and control conditions that are determined by nature or by other factors outside the control of the investigators. The process governing the exposures arguably resembles random assignment.	
18	poll	R	a sum of money that is owed or due.	
19	pro-social	S	have a mutual relationship or connection, in which one thing affects or depends on another.	

20	dodgeball teams	T	students, seniors.	
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3. Watch the video, elicit a list of vocabulary from the video related to money. Describe episodes when these words were mentioned in the video.

4. Name the ways of spending money mentioned in the video.

5. Check True or False. Then correct the false statements.

1	If people win the lottery, they may have more debts and worse friendships than they had before they won the lottery.	TRUE	FALSE
2	Very often money makes us feel selfish.	TRUE	FALSE
3	Usually, people spend money on other people.	TRUE	FALSE
4	College undergrads spent a lot of money on themselves.	TRUE	FALSE
5	People who spent money on others didn't feel any changes; people who spent it on themselves got happier.	TRUE	FALSE
6	The amount of money given doesn't matter much for the happiness.	TRUE	FALSE
7	People in Canada and in Uganda spent money in the same way.	TRUE	FALSE
8	People who don't give money to charity are happier than those who do.	TRUE	FALSE
9	If you give people €15, they will put it in their pockets and don't do anything different than before.	TRUE	FALSE

6. What did he say?

Watch the video and complete the commentary.

So I want to talk today about _____, which are two things a lot of us spend a lot of our time thinking about, either trying to _____ them or trying to increase them. And a lot of us _____ with this phrase, we see it in religions and _____: money can't buy happiness. And I want to suggest today that, in fact, that's wrong.

I'm at a business school, so that's what we do. So that's wrong, and in fact, if you think that, you're just _____ it right. So instead of spending it the way you usually spend it, maybe if you spent it differently, that might work a little bit better. Before I tell you the _____ you can spend it that will make you _____, let's think about the ways we usually spend it that don't, in fact, make us happier. We had a little _____. So CNN, a little while ago, wrote this interesting article on what happens to people when they win the _____. It turns out people think when they win the lottery their lives will be amazing. This article's about how their lives get _____. What happens when people win the lottery is, one, they spend all the money and go into debt; and two, all of their friends and everyone they've ever met find them and _____ them for money. It ruins their social relationships, in fact. So they have more _____ and worse friendships than they had before they won the lottery.

What was interesting about the article was, people started commenting on the article, readers of the thing. And instead of talking about how it made them _____ that money doesn't lead to happiness, everyone started saying, "You know what I'd do if I won the lottery ...?" and fantasizing about what they'd do. Here's just two of the ones we saw that are interesting to think about. One person wrote, "When I win, I'm going to buy my _____ and have a little house on top."

And another person wrote, "I would fill a big bathtub _____ and get in the tub while smoking a big fat _____ and sipping a glass of _____." This is even worse: "... then I'd have a picture taken and dozens of glossies made. Anyone begging for money or trying to extort from me would receive a copy of the picture and nothing else."

7. Use the words in the box to complete sentences. Pay attention to grammar.

Debt (2)	Target	Self-help books	Trivial things	Glossy	To bug
Donation	To correlate	Undergrad	Natural experiment	Antisocial	
Poll					

The Benefits of Self-Help Books

Are you feeling overwhelmed by 1)_____ and struggling to find a way out? Do you have trouble staying focused on your goals and hitting your 2)_____? If so, you may want to consider picking up a 3)_____.

Self-help books are often dismissed as 4)_____ filled with 5)_____ pages and simplistic advice. But if you give them a chance, you might be surprised by how helpful they can be. Studies have shown that reading self-help books can actually lead to positive changes in your life.

For example, one 6)_____ found that 7)_____ students who read self-help books on time management were more likely to achieve their goals and improve their grades. Another study found that reading self-help books on financial management helped people get out of 8)_____ and save more money.

Of course, not all self-help books are created equal. Some may 9)_____ you with their overly simplistic advice or unrealistic promises. That's why it's important to choose carefully and look for books that 10)_____ with your specific needs and goals.

So the next time you're feeling stuck, consider picking up a self-help book. It may just be the antidote to your 11)_____ behavior, and who knows, you might even be inspired to make a 12)_____ to your favorite charity or participate in a 13)_____ on your favorite topic.

8. Questions for discussions:

1. What is your attitude to money?
2. What experiment did Michael Norton perform? Give the details. Express your attitude to the outcomes of the experiment.
3. Do you like to spend money on other people? Explain please.
4. What would people do if they won the lottery according to the comments in the video? How can you characterize people's answers to the question?
5. What would you do if you won the lottery?
6. How do people spend money on themselves according to the video?
7. In what way people spend money in poor countries?
8. Would you like to take part in such an experiment? Why? / Why not?
9. Name the last time you spent money on yourself or others. Describe it. How happy did it make you?
10. Name the last time you spent money on yourself, and it didn't make you happy.

9. Provide an artistic translation of the speech part from task 6 (in writing).

10. Provide an essay (300 words) on the topic:

Money can't buy happiness, but it depends how you use it.

HOW SCHOOL MAKES KIDS LESS INTELLIGENT

By Eddy Zhong

The link to the video: <https://www.youtube.com/watch?v=2Yt6raj-S1M>

1. Discuss before watching the video:

- ◆ *Describe your high school or any school that you remember studying at.*
- ◆ *What experience did you get there?*
- ◆ *How did you feel studying there?*

2. Match words and phrases on the left with their definitions on the right:

1	inspire	A	if similar things developping in different ways and so are no longer similar	
2	obsess	B	to leave a school or university before your course has finished	
3	conventional	C	Students usually have to write a five paragraph essay, which should be 500 to 800 words long and include an introductory paragraph, three supporting paragraphs and a concluding paragraph.	
4	diverge	D	a competition in which teams are challenged to	

			conceive of a new service or product offering, and then create a business plan and concept pitch video aimed at convincing potential investors to finance the business.	
5	feature	E	the first form that a new design of a car, machine etc has, or a model of it used to test the design before it is produced	
6	drop out of school	F	is best described as how much a startup might be worth before it begins to receive any investments into the company. This valuation doesn't just give investors an idea of the current value of the business, but it also provides the value of each issued share.	
7	intelligent	G	a very strong liking for something.	
8	accumulate	H	you think or worry about them all the time and you cannot think about anything	

			else - used to show disapproval	
9	a 5-paragraph essay	I	a student who gets only satisfactory grades (C).	
10	a supersonic jet	J	a young company founded by one or more entrepreneurs to develop a unique product or service and bring it to market.	
11	a business plan competition	K	having or showing intelligence, especially of a high level	
12	to spark	L	to think of new, different, or unusual ways of doing something, especially in business.	
13	passion for smth	M	an aircraft able to fly faster than the speed of sound	
14	to be blown away by	N	method, product, practice etc has been used for a long time and is considered the usual type	
15	prototype	O	to make smth start happening	
16	viable	P	to include or show something as a special or important part of	

			something, or to be included as an important part	
17	startup	Q	to encourage someone by making them feel confident and eager to do something	
18	pre-money valuation	R	a viable idea, plan, or method can work successfully	
19	to think outside of the box	S	feeling very surprised, especially about something you like or admire	
20	c-student	T	gradually gather or acquire (a resulting whole).	

3. Watch the video do the following tasks state if the following sentences are true or false:

1	He said that children become less intelligent in school.	TRUE	FALSE
2	He always knew what he wanted to be when he grew up.	TRUE	FALSE
3	He listened to his parents every time.	TRUE	FALSE
4	His parents wanted him to find a job.	TRUE	FALSE
5	He had only good marks at school	TRUE	FALSE
6	When he turned 18 everything changed.	TRUE	FALSE
7	He got an invitation for a birthday party.	TRUE	FALSE

4. Elicit a list of the vocabulary related to: *school; business.*

5. Think of the facts that the following figures and numbers are related to: 14; 100%; 14; 2.

6. What did he say?

Watch the video and complete the commentary

Before I turned _____, I was a kid that did not know what he wanted in life. So usually, when you go up to a 5 or 6 year old and you ask him, “What do you want to be when you grow up?”, he’ll say, “An _____,” or “A _____”.

I wanted to be a professional Call of Duty player. And since I had no idea about what I wanted to be when I grew up, I just _____ almost 100% of the time. I trusted that they knew what was best for me. My parents wanted out of me what any typical parent would want out of his child: go to school, _____, get out and exercise once every few years.

And I was trying to do everything they asked of me, except the problem was I wasn’t even that good at school. I was _____, could not write a 5-paragraph essay if my life had depended on it. And to this day I still think I’m the only _____ in the world who does not understand _____. I really do.

But when I turned 14 that all changed. I was no longer this hot air balloon and floating around in space, I was now like a _____ flying toward my destination at 50,000 miles an hour or however fast those things go.

And this change all started when I received an _____ with the mail. It was an invitation — not to a birthday party, I did not get any of those — not to a playground, but to a _____ down in Boston. And I was curious, I was just so curious that I had to go. And the _____ explained to us that over five months, we would form a _____, develop a _____, and present this idea to a panel of judges, who would be judging us how good our suits are, and how good our business ideas were.

And a long story short, over that five months I formed a team, developed an idea, and we actually ended up _____ that competition and taking home a check. And that one event sparked my interest for _____ of these competitions.

And over the next two years of my life, I actually went to _____ of these competitions, and I was winning almost all of them. And I realized that I liked going to them so much not just because I liked winning them but also because I had an _____. That was a passion for _____.

7. Use the words in the box to complete sentences. Pay attention to grammar.

**to think outside of the box c-student prototype passion for smth a
business plan competition accumulate drop out of school diverge
conventional obsess inspire a 5-paragraph essay startup**

As a 1)_____ in high school, John never felt like he fit into the 2)_____ type of a successful student. However, he had a passion for 3)_____ and creating 4)_____ of new ideas. When he heard about a 5)_____ in his town, he decided to give it a shot. He started 6)_____ brainstorming and 7)_____ ideas, spending countless hours working on his project.

Despite his lack of formal education in business, John's 8)_____ and drive inspired him to 9)_____ from the traditional path of completing a degree before starting a 10)_____. He decided to 11)_____ and focus all his energy on his project. After months of hard work, he submitted his proposal to the competition, a 12)_____ detailing his innovative business idea. To his surprise, John won the competition, and his startup was born.

Now, years later, John's unconventional approach has paid off. His startup has grown significantly, and he's become an 13)_____ to many others who also have a 14)_____ something but may not fit into the traditional mold of success. John's success is a testament to the power of following your passions and thinking outside of the box. It shows that with hard work and determination, anyone can turn their ideas into reality and make a significant impact in the world.

8. Questions for discussions:

1. Do schools make kids less intelligent? Justify your opinion.
2. Express your opinion on the quote: “Time to be Steve Jobs, let’s go build Apple, dropping out of school now.”
3. Should students follow the example of famous and successful people and leave the school? Give examples of such people.
4. Comment on the quote: “And to this day I still think I’m the only Asian kid in the world who does not understand math. I really do.” Does it imply any cultural stereotype? Which one?
5. How do you understand the quote: “But when I turned 14 that all changed. I was no longer this hot air balloon and floating around in space, I was now like a supersonic jet flying toward my destination at 50,000 miles an hour or however fast those things go.”?
6. What is the message of this speech?

9. Provide an artistic translation of the speech part from task 6 (in writing).

10. Provide an essay on the quote from the video:

“No one has ever changed the world by doing what the world has told them to do”.

THE SECRETS OF LEARNING A NEW LANGUAGE

by Lýdia Machová

The link to the video: https://www.youtube.com/watch?v=o_XVt5rdpFY&t=3s

1. Discuss before watching the video:

- ◆ *Why people learn languages? Why are you learning foreign languages?*
- ◆ *Do you have any life hacks how to master a language?*
- ◆ *Why many people fail in learning languages?*

2. Match words and phrases on the left with their definitions on the right:

1	fluency	A	made, done, or happening without method or conscious decision	
2	polyglot	B	(of a person) clever, original, and inventive	
3	a travel phrasebook	C	(here) copy a person's speech or mannerisms.	
4	native speaker	D	unintelligible or meaningless speech or writing; nonsense	
5	random	E	is an evidence-based learning technique that is usually performed with flashcards. The subject of the technique is asked to remember a certain fact with the time intervals increasing each time the fact is presented or said	

6	a chat window	F	a remarkable event or development that brings very welcome consequences	
7	ingenious,	G	a book for people visiting a foreign country, listing useful expressions in the language of the country together with their equivalent in the visitor's own language	
8	imitating	H	an experienced person (the mentor) assists another (the student) in developing specific skills and knowledge. The mentor facilitates the student's language learning path by sharing resources and experience in their field of expertise (e.g. language learning, teaching, etc.). A language mentor provides both professional and personal support and may give advice	
9	dawned of	I	the ability to speak or write a particular foreign language easily and accurately	
10	flash cards	J	(here) a method of achieving something more quickly or more easily than if you use the usual methods	

11	gibberish	K	a card containing a small amount of information, held up for pupils to see, as an aid to learning	
12	self-talk	L	another term for Irish (the language)	
13	shortcut	M	someone who speaks that language as their first language rather than having learned it as a foreign language.	
14	space repetition	N	the act or practice of talking to oneself, either aloud or silently and mentally	
15	Gaelic	O	become evident to the mind; be perceived or understood	
16	miracle	P	a person who knows and is able to use several languages.	
17	language mentor	Q	a text window used for conferencing between two or more users	

3. Say if the statement is true or false according to the video:

1	<i>Lydia is currently working on her eighth language.</i>	TRUE	FALSE
2	<i>On the polyglots' event she met Benny from Australia.</i>	TRUE	FALSE
3	<i>Benny's method is to start speaking from day one.</i>	TRUE	FALSE
4	<i>Lukas from Brazil added 50 random Russian speakers on Skype as friends.</i>	TRUE	FALSE
5	<i>Lydia decided to read Harry Potter in Italian.</i>	TRUE	FALSE
6	<i>She learned German through watching Friends.</i>	TRUE	FALSE
7	<i>If you are an introvert, you can apply a method of self-talk.</i>	TRUE	FALSE
8	<i>Polyglots believe that they are geniuses, that's why they can learn any language.</i>	TRUE	FALSE

4. Write down four polyglot's secrets mentioned in the video. Can you apply these secrets to your learning?

5. Match the names of the polyglots with the methods they use:

- adding random speakers on Skype and having a conversation with them
- to start speaking from day one, to learn a few phrases, to use map and go to meet native speakers to start conversations with them.

➤ Benny

➤ Lucas

Will these methods work for any language learner?

Will they work for you? Why / why not?

6. What did she say?

Watch the video and complete the commentary

The third principle to follow is to _____ in your learning. We're all very busy and no one really has time _____ today. But we can create that time if we just _____ a bit ahead. Can you wake up _____ minutes earlier than you normally do? That would be the perfect time to _____. Can you listen to a _____ on your way to work while driving? Well, that would be great to get some _____. There are so many things we can do without even planning that _____, such as listening to podcasts on our way to work or doing our _____. The important thing is to create a _____ in the learning. "I will practice speaking every _____ with a friend for 20 minutes. I will listen to a YouTube video _____." If you create a system in your learning, you don't need to find that extra time, because it will become a part of your everyday life.

And finally, if you want to learn a language _____, you need also a bit of _____. It's not possible to learn a language within two months, but it's definitely possible to make a visible _____ in two months, if you learn in small chunks

every day in a way that you enjoy. And there is nothing that motivates us more than our own _____.

7. Use the words in the box to complete sentences. Pay attention to grammar.

success fluently patience create a system space repetition ingenious dawn
on gibberish self-talk random shortcut

1. I'm shy, at home I speak English _____ and without any mistakes, especially when I practice _____ in front of the mirror. But the moment I start talking with real people I mumble, and _____ is the only language I produce.
2. I prefer having a plan than learning words at _____. I really like the method of _____; it helps me to recall previously learned word and grammar constructions.
3. There is no special key to making your dream come true. There is no easy way or _____. Take your time, express some _____, wait for the result to come, and _____ in your sphere will definitely come!
4. While having coffee it _____ me that I have a lot of experience in teaching, I have never realized that! I can work with almost any client, transform lessons according to their needs, _____ to make constant progress, make studying funny – I am quite _____!

8. Discuss the questions:

- 1) Which methods of learning shown in the video do you like?/ Don't like? Why?
- 2) Which method mentioned in the video is the best for you? Why?
- 3) What method of learning new words was mentioned in the video? Have you ever tried it? If no, would you?
- 4) Have you ever experienced watching films in the language you learned? Was it easy to understand? How did you overcome the difficulties?
- 5) What do you think about the method of talking with native speakers on the Internet? Do you have such experience? If no, would you like to try?
- 6) Would you like to be a polyglot? Which languages would you like to learn? Why?

9. Provide an artistic translation of the speech part from Task 6 (in writing).

10. Provide an essay on the quote from the video:

“Maybe you're also just one enjoyable method away from learning that language fluently. Maybe you're just one method away from becoming a polyglot.”

READING MINDS THROUGH BODY LANGUAGE

by Lynne Franklin

The link to the video:

https://www.ted.com/talks/lynne_franklin_reading_minds_through_body_language_jan_19_2017

1. Discuss before watching the video:

- ◆ *Can you read someone's mind by looking at them? If yes, how?*
- ◆ *Do you ever pay attention to person's body language?*
- ◆ *Do you control your body language? In what way?*
- ◆ *It is believed that modern technology has a dramatic impact on our body language interpreting. To what extent do you agree?*

2. Match words and word combinations with their meaning:

1	mind reader	A	the state in which two people are aware of looking directly into one another's eyes.	
2	body language	B	the way, in what you prefer doing something.	
3	socially inept	C	an important or exciting news story that is printed in one newspaper or shown on one television station before any of the others know about it	
4	eye contact	D	To become bigger in amount, number, or degree	
5	telephone posture	E	to become less or go down to a lower level, or to make something do this	
6	to have a dominant hand	F	angry and upset by someone's behaviour or remarks	
7	pen clicker	G	to move part of your body up to a higher position	

8	chicken and egg thing	H	relating to your sense of touch	
9	frown	I	a person who can supposedly discern what another person is thinking.	
10	increase	J	to behave towards someone or something in a particular way	
11	decrease	K	to set friendly agreement and understanding between people	
12	glance	L	when someone often click a pen, it is a nervous habit – a form of fidgeting.	
13	offended	M	to put your arms around someone and hold them tightly to show love or friendship	
14	scoop	N	to move or bend your body in a particular direction	
15	lift up	O	it means, when a person often put her/his head in hand	
16	build rapport with	P	a situation in which it is impossible to say which of two things existed first and which caused the other one.	
17	tactilely	Q	the conscious and unconscious movements and postures by which attitudes and feelings are communicated	
18	to hug	R	to quickly look at someone or something	
19	treat sb	S	having very little skill or being clumsy	
20	lean	T	to make an angry, unhappy, or confused expression, moving your eyebrows together:	

3. Check True or False. Then correct the false statements.

1	The people`s brain thinks in 5 different ways.	TRUE	FALSE
2	There are 50% of lookers in the world.	TRUE	FALSE
3	Lookers are always dressed well, because appearance is important to lookers.	TRUE	FALSE
4	Lookers have wrinkles in their forehead because they think a lot.	TRUE	FALSE
5	Listener`s brain thinks in words and sounds.	TRUE	FALSE
6	A telephone posture is natural for touchers.	TRUE	FALSE
7	Touchers represent the highest number of the people in the world.	TRUE	FALSE
8	People who are lookers will use more visual language. People who are listeners will use more auditory words, and people who are touchers will use more feeling and kinesthetic words.	TRUE	FALSE

4. Describe each “body language” model from the video:

- ✓ *looker*
- ✓ *listener*
- ✓ *toucher*

5. What did she say?

Watch the video and complete the commentary

How can you read people's body language to _____? We are going to show you right now. And that means I'm going to bring out our first _____, James. Thank you, James. James represents 75% of the world. You didn't know this about James, but James is a looker. What that means is that James' brain thinks in _____. And here's how we can tell that James is a looker from his _____. First thing, he stands up tall. He has _____. Second, he's dressed well because _____ to lookers. The next thing you'll notice about James is that he holds a little _____ - lift up your shoulders a bit - he holds his stress there. Next thing, you'll notice he has _____ because James

looks up when he remembers something he has seen, and he looks up more often than most of us do. Next thing you'll notice about James is that he has _____. Suck them in. And this is a _____. We're not quite sure why lookers have thin lips, but most of them do. And the other thing about lookers is they give you lots of _____.

Okay, now that you know that James is a looker, here are the two things you do _____. The first is that you give him lots of eye contact because he literally believes if you do not look at him, you are not _____ to him and you are _____ him. The second thing you do with lookers is you give them words that have a _____ to it: "I see what you mean" or, "Look at this" or, "Let's _____ together this way." So, you use the type of language that is going on in James' brain. Those are lookers. Seventy-five percent of people in the world.

6. Use the words in the box to complete sentences. Pay attention to grammar.

body language	mind reader	eye contact	posture	chicken and egg	
thing	treat sb	build rapport with	offended	decrease	increase

1)_____ and 2)_____ are important factors in 3)_____ others. By maintaining good 4)_____ and making 5)_____, you can show that you are interested and engaged in the conversation. However, 6)_____ might argue that our 7)_____ and 8)_____ are actually a 9)_____ - do we exhibit certain 10)_____ because of our thoughts and feelings, or do our thoughts and feelings change because of our 11)_____?

Regardless, it's important to be mindful of how our actions may be perceived by others. 12)_____ someone poorly can lead to them feeling 13)_____, and that can 14)_____ the chances of building a positive relationship. On the other hand, 15)_____ someone with kindness and respect can 16)_____ the likelihood of 17)_____ and having a positive experience together.

7. Questions for discussion

- 1) Can our body language really reveal our personality? Why do you think so?
- 2) Do you know any “classical” meaning of some gestures and poses? Which?
- 3) What of three mentioned in the video types of a body language do you possess?
- 4) The use of masks during the COVID-19 pandemic has made it harder to interpret facial expressions, which are an essential component of body language. This can create communication barriers, particularly in situations where nonverbal cues are crucial, such as in healthcare settings. Provide more examples.
- 5) Different cultures may interpret body language in different ways. For example, in some cultures, direct eye contact may be seen as a sign of disrespect or aggression, while in others, it may be seen as a sign of honesty and trustworthiness. Do you have such experience? Provide more examples of gestures in different cultures.
- 6) One of the most urgent issues related to body language is the possibility of misinterpreting it. Sometimes, people may read into someone's body language incorrectly and jump to conclusions that are not accurate, leading to misunderstandings and conflict. Work in small groups and model the situation when a particular gesture or a pose are misinterpreted.

8. Provide an artistic translation of the speech part from Task 5 (in writing).

9. Provide an opinion essay (200 words) on one of the following topics:

- *The Importance of Body Language in Effective Communication*
- *The Role of Eye Contact in Establishing Trust and Building Relationships*
- *The Role of Body Language in Job Interviews: How to Ace Your Next Interview*

YOU AREN'T AT THE MERCY OF YOUR EMOTIONS – YOUR BRAIN CREATES THEM

by Lisa Feldman Barrett

The link to the video:

https://www.ted.com/talks/lisa_feldman_barrett_you_aren_t_at_the_mercy_of_your_emotions_your_brain_creates_them

1. Discuss before watching the video:

- ◆ *What are some of the most basic emotions that humans experience?*
- ◆ *How do emotions influence our behavior and decision-making?*
- ◆ *Can emotions be accurately measured or quantified? If so, how?*
- ◆ *How do emotions impact your physical health and well-being?*

2. Match words and phrases on the left with their definitions on the right:

1	to be tried	A	the legal punishment of death	
2	sentence	B	to ask questions in order to find things out, especially things that other people do not want you to know	
3	to be convicted	C	a path that forms a circle around an area, or a journey along this path	
4	death penalty	D	completely unreasonable or silly; absurd	
5	remorseful	E	the inability to perceive what you don't already have a concept for	
6	probe	F	to take a risk or make a bold statement or decision that is	

			not entirely supported by evidence or popular opinion, and may leave one vulnerable to criticism or failure	
7	scrutinize	G	feeling of sickness because you are nervous or frightened	
8	circuit	H	to do very well in an examination, a piece of written work etc	
9	guess	I	a feeling that is difficult to describe, caused by a particular event, experience, or memory	
10	preposterous	J	a state of being extremely unhappy, miserable, or unfortunate	
11	experiential blindness	K	a punishment that a judge gives to someone who is guilty of a crime	
12	to sift through	L	to eagerly accept a new idea, opinion, religion etc	
13	a blob	M	a strong feeling of being sorry that you have done something very bad [↔ regret]	
14	go out on a limb	N	causing so much damage or harm that something no longer works or is no longer effective	
15	sensation	O	to prove or officially announce that someone is	

			guilty of a crime after a trial in a law court	
16	to churn	P	to examine someone or something very carefully	
17	to be at the mercy	Q	deserving blame	
18	crippling	R	to examine and judge a legal case, or someone who is thought to be guilty of a crime in a court	
19	ace	S	to be completely under the control or power of someone or something else, and to have no choice or ability to resist or change the situation	
20	wretchedness	T	an attempt to answer a question or make a judgement when you are not sure whether you will be correct	
21	culpable	U	something that cannot be clearly seen, especially because it is far away	
22	embrace	V	to examine information, documents etc carefully in order to find something out or decide what is important and what is not	

3. Check True or False. Then correct the false statements.

1	Dr. Lisa Feldman Barrett is convinced that no one can detect true human emotions.	TRUE	FALSE
2	Your past experiences don't influence the way you perceive things.	TRUE	FALSE
3	Predictions help us to make sense of the world in a quick and efficient way.	TRUE	FALSE
4	Using past experience your brain predicts and constructs your experience of the world.	TRUE	FALSE
5	We can easily recognize others emotions by seeing only their facial expression.	TRUE	FALSE
6	Physical movements have no intrinsic emotional meaning. We have to connect them to the context to make them meaningful.	TRUE	FALSE
7	People don't have control over their emotions.	TRUE	FALSE
8	Emotions can have purely physical cause.	TRUE	FALSE

4. What did she say?

Watch the video and complete the commentary

Now I am not _____ to you that you can just perform a couple of Jedi mind tricks and talk yourself out of being _____ or anxious or any kind of _____. But I am telling you that you have more _____ over your emotions than you might imagine, and that you have the capacity to turn down the dial on emotional suffering and its _____ for your life by learning how to _____ differently. And all of us can do this and with a little practice, we can get really good at it, like driving. At first, it takes _____, but eventually it becomes pretty _____.

Now I don't know about you, but I find this to be a really _____ message, and the fact that it's backed up by decades of research makes me also happy as a scientist. But I have to also warn you that it does come with some fine print, because more control also means _____. If you are not at the mercy of mythical emotion circuits which are buried deep inside your brain somewhere and which _____ automatically, then who's responsible, who is

responsible when you behave _____? You are. Not because you're _____ for your emotions, but because the actions and the experiences that you make today become your brain's _____. Sometimes we are responsible for something not because we're to blame but because we're the only ones who can change it.

Now responsibility is a big word. It's so big, in fact, that sometimes people feel the need to resist the scientific evidence that emotions are built and _____. The idea that we are responsible for our own emotions seems very hard to swallow. But what I'm suggesting to you is you don't have to choke on that idea. You just take a deep breath, maybe get yourself a glass of water if you need to, and _____ it. Embrace that responsibility, because it is the path to a healthier body, a more just and informed legal system, and a more flexible and potent _____.

5. Use the words in the box to complete sentences. Pay attention to grammar.

death penalty scrutinize probe to be tried remorse preposterous to sift
through go out on a limb to be at the mercy to ace wretchedness to embrace
a blob

It was a beautiful day in the city of Concord when a man named Paul was accused of committing a heinous crime. The evidence was stacked against him, and the prosecution was asking for the 1) _____. Paul insisted on his innocence, so the court appointed a team of investigators to 2) _____ the evidence and 3) _____ the case more deeply.

The investigators 4) _____ mountains of evidence, searching for any shred of proof that could prove Paul's innocence. Finally, they found a small 5) _____ of evidence that did not match Paul's DNA. This was an important discovery, and it gave Paul the opportunity 6) _____ again.

With his life on the line, Paul decided 7) _____ and plead not guilty. During the trial, he 8) _____ every question and presented compelling evidence that he was not the culprit. After a lengthy deliberation, the court found him not guilty.

Paul was overcome with 9) _____ for what he had gone through, and for the 10) _____ of being falsely accused. But he also 11) _____ the opportunity to start anew, grateful for the second chance he had been given.

Looking back, Paul realized that it was 12) _____ that he had almost been sentenced to death based on incomplete evidence. He knew he had 13) _____ of a system that was flawed, but he was grateful that justice had been served in the end.

6. Questions for discussions:

- 1) Express your opinion on the following thoughts from the video:
 - Emotions are not built in, they are just built;
 - The emotions you seem to detect in other people are partly in your own head;
 - Emotions that seem to happen to you are made by you;
- 2) How our previous experience effects our world perception?
- 3) What does « being an architect of your own experience » mean? How can you do it?
- 4) How actually our brain recognizes emotions according to the video?
- 5) How to gain more control over your emotional state?
- 6) Have you ever analyzed your emotions? If yes, what conclusion did you make? If no, why?
- 7) How do emotions impact our physical health and well-being?
- 8) What role do emotions play in relationships and social interactions?
- 9) How can we learn to better recognize and regulate our own emotions?

- 10) Are there any specific emotions that you think are particularly challenging to deal with or understand? Why?

7. Provide an artistic translation of the speech part from Task 4 (in writing).

8. Provide an opinion essay (200 words) on the quote:

- *"Emotion is more powerful than reason. Emotion is the driving force behind thinking and reasoning. Emotional intelligence increases the mind's ability to make positive, brilliant decisions."* Dr. T.P. Chia
- *"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes."* William James

HOW PAINTING CAN TRANSFORM COMMUNITIES

by HAAS&HAHN

The link to the video: <https://www.youtube.com/watch?v=iCXfJVCg1LA>

1. Discuss before watching the video

- ◆ *How has the incorporation of public art on buildings impacted the perception and identity of a community over time?*
- ◆ *Provide examples of public art on different buildings in your community. What do you think of them?*

2. Match words and phrases on the left with their definitions on the right:

1	community	A	efforts shared between the people in the community.	
2	barbecue	B	money provided, especially by an organization or government, for a particular purpose	
3	sketches	C	not exactly [= about, approximately]	
4	models	D	famous or well-known for something bad	
5	funding	E	non-governmental organization, which is a not-for-profit organization that is typically independent of government control and operates to pursue a particular social or political mission	

6	crowdfunding campaigns	F	something that you think is true because it is very likely	
7	communal effort	G	a rough or unfinished drawing or painting, often made to assist in making a more finished picture	
8	roughly	H	change or development which happens in a natural way, without anyone planning it or forcing it to happen	
9	favelas	I	something that makes your life difficult or unpleasant, especially a lack of money, or the condition of having a difficult life	
10	ngo	J	a term used in Brazil to describe a type of informal settlement or shantytown that is often characterized by poverty, overcrowding, and inadequate access to basic services such as clean water, sanitation, and healthcare	
11	plastered walls	K	a group of people living in the same place or having a particular characteristic in common.	
12	notorious	L	a thing used as an example to follow or imitate	
13	stumbled upon	M	very silly or unreasonable	

14	hardship	N	practice of funding a project or venture by raising small amounts of money from a large number of people, typically via the Internet
15	ridiculously	O	to hit your foot against something or put your foot down awkwardly while you are walking or running, so that you almost fall [= trip]
16	organic	P	type of building construction where the interior and/or exterior walls of a house are covered with is a mixture of cement, sand, and water that is applied in a smooth layer over a surface to create a smooth and even finish.
17	presumptions	Q	a meal or gathering at which meat, fish, or other food is cooked out of doors on a rack over an open fire or on a special appliance.

3. Check True or False. Then correct the false statements.

1	Vila Cruzeiro is located in the North Zone of Rio	TRUE	FALSE
2	Favelas are planned communities.	TRUE	FALSE
3	The idea of painting the houses in Vila Cruzeiro came to Dre Urhahn and Jeroen Koolhaas after they filmed a documentary about life in favelas.	TRUE	FALSE

4	All the houses in Vila Cruzeiro were already plastered and painted when Dre Urhahn and Jeroen Koolhaas arrived.	TRUE	FALSE
5	The people who lived in Vila Cruzeiro were happy with the blue paint that Dre Urhahn and Jeroen Koolhaas used on the first house they painted	TRUE	FALSE
6	The painting project in Vila Cruzeiro was not well-received by the local community.	TRUE	FALSE
7	Dre Urhahn and Jeroen Koolhaas were visiting barbecues to get to know everybody in the neighborhood	TRUE	FALSE
8	The people in Vila Cruzeiro loved the first design of the boy flying a kite.	TRUE	FALSE

4. Think of the facts that the following figures, dates and numbers are related to:

25	60 000	10	3	1 500	100 000
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5. What did they say?

Watch the video and complete the commentary

Dre Urhahn: This 1) _____ is built on Copacabana, which is the most famous beach in the world, but 25 kilometers away from here in the North Zone of Rio lies a 2) _____ called Vila Cruzeiro, and 3) _____ 60,000 people live there. Now, the people here in Rio mostly know Vila Cruzeiro from the news, and unfortunately, news from Vila Cruzeiro often is not 4) _____. But Vila Cruzeiro is also the place where our story begins.

Jeroen Koolhaas: Ten years ago, we first came to Rio to shoot a 5) _____ about life in the favelas. Now, we learned that favelas are 6) _____. They emerged over the years when immigrants from the countryside came to the cities looking for work, like cities within the cities, known for problems like 7) _____, and the violent drug war between police and the drug gangs. So what struck us was that these were communities that the people who lived there had built 8)

_____, without a master plan and like a giant work in progress. Where we're from, in Holland, 9) _____. We even have rules for how to follow the rules. (Laughter)

DU: So the last day of filming, we ended up in Vila Cruzeiro, and we were sitting down and we had a drink, and we were overlooking this hill with all these houses, and most of these houses looked unfinished, and they had walls of bare brick, but we saw some of these houses which were 10) _____, and suddenly we had this idea: what would it look like if all these houses would be plastered and painted? And then we imagined one big 11) _____, one big work of art. Who would expect something like that in a place like this? So we thought, would that even be 12) _____? So first we started to count the houses, but we soon lost count. But somehow the 13) _____.

6. Use the words in the box to complete sentences. Pay attention to grammar.

community, work of art, barbecue, sketches, crowdfunding campaigns, roughly, plaster, notorious, stumbled upon, presumptions

In the bustling city of Rio de Janeiro, a group of artists 1) _____ a community of favelas that was 2) _____ for its poverty and hardship. Despite the 3) _____ of many that the community was nothing more than a slum, the artists saw potential in the people and the place.

They decided to create a 4) _____ that would showcase the community's beauty and strength. They started with 5) _____ of the people, the houses, and the streets, and with the help of an NGO, they organized 6) _____ to raise money for the project.

The community was skeptical at first, but the artists' dedication and passion for their work won them over. They worked tirelessly for months, 7) _____ the

walls with their colorful and intricate designs. And when the work was finally done, they invited the community to a 8) _____ to celebrate.

As they sat around the fire, enjoying the food and each other's company, they realized that something special had happened. The project had brought the 9) _____ together in a way that they had never experienced before. It had been a 10) _____ journey, with moments of doubt and fear, but the result was beautiful.

7. Questions for discussions:

1. What is the story behind the theater that Dre Urhahn built on Copacabana beach?
2. What is a favela, and how are they different from other neighborhoods in Rio de Janeiro?
3. How did the idea to paint the houses in Vila Cruzeiro come about?
4. What was the first design that the crew painted on the houses in Vila Cruzeiro, and why did they need to make changes to it?
5. What did the crew learn about the importance of barbecues while they were living in the neighborhood?
6. Why did the crew decide to move into the neighborhood while they were working on the project?
7. How did the crew imagine and execute the design of the Japanese-style river in the concrete-covered street?
8. What did the crew learn during their time in Vila Cruzeiro, and what impact did their work have on the community?
9. How do the artists' experiences in Vila Cruzeiro challenge common narratives about favelas and their residents?
10. How do the artists' projects promote community building and social cohesion within the favela?
11. What are the potential downsides or criticisms of using art to improve the living conditions in informal settlements?

8. Provide an artistic translation of the speech part from Task 5 (in writing).

9. Provide an opinion essay (200 words) on the quote:

- *“Art is not what you see, but what you make others see”* Edgar Degas
- *“Creativity takes courage”* Henri Matisse
- *“The painter has the Universe in his minds and hands”* Leonardo Da Vinci

CHINA IS CHANGING THE FUTURE OF SHOPPING

by Angela Wang

The link to the video:

https://www.ted.com/talks/angela_wang_how_china_is_changing_the_future_of_shopping#t-212028

1. Discuss before watching the video:

- ◆ *Some people buy 25 pairs of shoes a year. Do you think they need all of them? How many pairs of shoes do you buy a year?*
- ◆ *Comment on the quote from the video “China is a huge laboratory of innovation.”*

2. Match words and phrases on the left with their definitions on the right:

1	E-commerce	A	the income that a business has from its normal business activities, usually from the sale of goods and services to customers;	
2	digital content	B	one in which something changes or progresses straight from one stage to another, and has a starting point and an ending point;	
3	spontaneity	C	when somebody says something about anything, but it is not always the truth;	
4	ultra-convenience	D	refers to the buying and selling of goods or services using the Internet.	
5	revenue	E	a person, who buys and then sells products, but more expensive;	
6	social shopping	F	focuses on meeting the needs of the present without compromising the ability of future generations to meet their needs.	
7	a linear process	G	anything about a Web site that encourages a visitor to stay longer;	

8	stickiness	H	when we do something without planning;	
9	gossiping	I	having or relating to multiple dimensions or aspects;	
10	QR code	J	extremely or extraordinarily convenient especially: very easy to do, use ;	
11	multidimensional	K	a mark, that includes some data and can be recognized by some digital devices;	
12	retailer	L	online videos, movies, etc.	
13	sustainability	M	networked shopping;	

3. Watch the video, state if the following sentences are true or false:

1	The author`s nephew`s name is Yuan Yuan.	TRUE	FALSE
2	The nephew wanted to have a smartphone for his birthday.	TRUE	FALSE
3	A huge shopping revolution is happening in China right now.	TRUE	FALSE
4	It took China less than five years to become a country of mobile commerce.	TRUE	FALSE
5	China has two large platforms: Alibaba and Biscotti.	TRUE	FALSE
6	The author thinks that China is like a huge laboratory.	TRUE	FALSE
7	The author says we should visit her country.	TRUE	FALSE
8	She says we have become more patient.	TRUE	FALSE
9	Alibaba can deliver everything, even a fresh fish.	TRUE	FALSE
10	She thinks we buy products because we need them.	TRUE	FALSE

4. Think of the facts that the following figures, dates and numbers are related to:

500.000 ; 90% ; 85% ; 25 ; 30 ; 20 ; 300 to 500.

5. What did she say?

Watch the video and complete the following part of the speech.

A huge _____ is happening in China right now. Shopping behaviors, and also _____, have evolved differently than elsewhere in the world. For instance, e-commerce in China is soaring. It's been growing at _____ the speed of the United States and a lot of the growth is coming from _____. Every month, _____ consumers are buying on mobile phones, and to put that into context, that is a total population of the _____ combined. But it is not just about the scale of the e-commerce, it is the speed of adoption and the aggregation of the ecosystems. It took China less than _____ to become a country of mobile commerce, and that is largely because of the two _____, Alibaba and Tencent. They own _____ percent of the e-commerce -- pretty much the whole market -- _____ percent of social media, _____ percent of internet payment. And they also own large volumes of _____ content, video, online movie, _____, travel information, _____. When this huge base of mobile shoppers meets with aggregated ecosystems, _____ happen. Today, China is like a huge laboratory generating all sorts of experiments. You should come to China, because here you will get a _____.

6. Complete the sentences using the words in the box

revolutionary digital glimpse into the future sustainability spontaneity QR code gossiping ultra-convenience

1. Visiting modern science museums is a _____: revolutionary inventions, eco-friendly devices, easy-to-use gadgets, and all of this is about _____ – everything is able to continue working without causing damage to the environment.
2. Many people are against _____ on the wrists instead of traditional IDs, though it sounds quite _____ – there will be less plastic used for documents.

3. She never plans anything; her life is a constant _____. She never knows what happens with her next. Her family doesn't understand that that is why she is an object of _____ – there is too much mystery about her.
4. It is thought that a _____ ID is pretty useful: there is no need to have all the documents on you, all your personal data is stored in one place -- _____ in action!

7. Questions for a discussion:

- 1) Is China really changing the future of shopping? If yes, how?
- 2) Do you use any service of food delivery? Describe its advantages and disadvantages.
- 3) Are you a compulsive shopper? Have you ever thought about your shopping habits and patterns?
- 4) Have you ever been a victim of an advertisement? Describe your experience.
- 5) Do you fall for advertisements on social media by bloggers? Why?
- 6) Do you prefer online shopping or usual shopping?
- 7) What companies/sites do you prefer to buy products in?
- 8) Do you like using different delivery services? How often do you use them? What things do you buy in this way?
- 9) Is this kind of impulsive consumption both economically and environmentally sustainable over the longer term?

8. Provide an artistic translation of the speech part from Task 5 (in writing).

9. Provide an opinion essay (200 words) on the quote:

“Consumers are getting the power to decide what they want to buy, when they want to buy it, how they want to buy it, how they want to social.”

WHERE IS HOME

by Pico Iyer

The link to the video: https://www.ted.com/talks/pico_ayer_where_is_home#t-814123

1. Discuss in groups or with a partner:

- ◆ *How do you understand the concept of HOME?*
- ◆ *Is it possible for a person to have no home? a few homes at once?*

2. Match words and phrases on the left with their definitions on the right:

1	ancestry	A	some nation who has/had their homes floating;	
2	straightforward	B	something that happened without any causal connections;	
3	multicultural	C	to be open-eyed, watchful;	
4	liberation	D	the absence of movement;	
5	enmity	E	relating to several cultures;	
6	coincidence	F	a special right, advantage.	
7	floating tribe	G	monastery (in this video)	
8	a foreigner	H	a family, our previous generations, a history of our family;	
9	to be alert	I	a person from abroad;	
10	refugees	J	the act to setting somebody free;	
11	bearings	K	to feel a strong desire to do something;	
12	a Catholic hermitage	L	easy to do, easy to understand;	
13	stillness	M	the way in which you move, stand, or behave, especially when this shows your character	
14	to hanker	N	the state of being opposed to smb/smth;	
15	a privilege	O	people who have been forced to leave their country in order	

			to escape a war or some natural disasters;	
--	--	--	--	--

3. Check True or False. Then correct the false statements.

1	<i>The author can say he is an Indian.</i>	TRUE	FALSE
2	<i>The author comes from Japan, he has been living there for a long time.</i>	TRUE	FALSE
3	<i>He met more multicultural people than he is.</i>	TRUE	FALSE
4	<i>The author`s parents` house burnt down.</i>	TRUE	FALSE
5	<i>After the accident the author was in his friend`s house and had only a toothpaste with him.</i>	TRUE	FALSE
6	<i>People used to have their sense of home, community.</i>	TRUE	FALSE
7	<i>The previous president of the strongest nation was a half-Kenyan.</i>	TRUE	FALSE
8	<i>Soon there will be more Americans in America.</i>	TRUE	FALSE
9	<i>The speaker`s parents live in New York.</i>	TRUE	FALSE

4. Think of the facts that the following figures, dates and numbers are related to:

100%	22,000	48	25	70	220 mil
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5. What did he say?

Watch the video and complete the commentary

People are always asking me _____, and they're expecting me to say _____, and they're absolutely right insofar as 100 percent of my _____ does come from India. Except, I've never lived one day of my life there. I can't speak even one word of its more than _____. So I don't think I've really earned the right to call myself an Indian. And if "_____?" means "Where were you _____ and _____ and _____?" then I'm entirely of that funny little country known as England, except I left England as soon as I completed my _____, and all the time I was growing up, I was the only _____ in all my classes who didn't begin to look like the _____ represented in our textbooks. And if "Where do you come from?" means "Where do you _____? Where do you _____ and your _____?" then I'm very much of the United

States, and I have been for _____ now, since I was a really small child. Except, for many of those years, I've had to _____ this funny little pink card with green lines running through my face _____. I do actually feel more alien the longer I live there.

6. Use the words in the box to complete sentences. Pay attention to grammar.

come from	privilege	dialect	carry around	identify	born
permanent	refugee	multicultural	hanker	coincidence	alert

1. Judging from the way he speaks, he _____ a rich family. This _____ is spoken only in rich families in the north.
2. He didn't expect to meet her there, it happened by _____. He noticed her because she was _____ a pink suitcase. Pink always makes him _____.
3. _____ make-up will stay with you forever. If you _____ for it that much, think twice, because any mark on your body may _____ your personality.
4. Living in a _____ hostel with people from numerous communities makes it easy to feel as a _____ with no home and no native country.
5. Being _____ into a family of a king is a real _____: you have little limitations in life and all the doors are open.

7. Questions for discussions:

- 1) How many 'origins' does the speaker have? How can it characterize him?
- 2) Does the speaker have a home? Do you have one?
- 3) People connect their real homes with their sweethearts, parents, with the place where they live or where they were born. What do you connect your home with?
- 4) Think of the speaker's words about his grandparents. How do you think, did the previous generations have the same sense of their homes? Why?
- 5) Comment on Seneca's words: "That man is poor not who has little but who hankers after more."

6) Displacement and forced migration are considered to be key factors of losing the sense of a home. To what extent do you agree?

8. Provide an artistic translation of the speech part from Task 5 (in writing).

9. Provide an essay (200 words) on one of the quotes:

“My home would have to be whatever I carried around inside me.”

“The real voyage of discovery consists not in seeing new sights, but in looking with new eyes”.

“The home is not just a place where you sleep. It’s the place, where you stand.”

THE DISARMING CASE TO ACT RIGHT NOW ON CLIMATE CHANGE

by Greta Thunberg

The link to the video: <https://www.youtube.com/watch?v=H2QxFM9y0tY>

1. Discuss before watching the video:

- ◆ *Do you observe any climate change? Do you experience any of these changes?*
- ◆ *Do you know what a carbon footprint is? Have ever thought about your carbon footprint? What constituent of it do you produce the most?*
- ◆ *Can you provide some solutions to the climate problems humanity is facing nowadays?*
- ◆ *Do you believe that we will be able to solve these problems?*

10. Match words and phrases on the left with their definitions on the right:

1	Restrictions	A	a general increase in world temperatures caused by increased amounts of carbon dioxide around the Earth.	
2	selective mutism	B	is an agreement within the United Nations Framework Convention on Climate Change (UNFCCC), dealing with greenhouse-gas-emissions mitigation, adaptation, and finance, signed in 2016. The Paris Agreement sets out a global framework to avoid dangerous climate change by	

			<p>limiting global warming to well below 2°C and pursuing efforts to limit it to 1.5°C. It also aims to strengthen countries’ ability to deal with the impacts of climate change and support them in their efforts. The Paris Agreement is the first-ever universal, legally binding global climate change agreement, adopted at the Paris climate conference (COP21) in December 2015. The EU and its Member States are among the close to 190 Parties to the Paris Agreement. The EU formally ratified the agreement on 5 October 2016, thus enabling its entry into force on 4 November 2016. For the agreement to enter into force, at least 55 countries representing at least 55% of global emissions had to deposit their instruments of ratification.</p>	
3	obsessive–compulsive disorder (OCD)	C	<p>is an intergovernmental body of the United Nations that is dedicated to providing the world with objective, scientific information relevant to understanding the scientific</p>	

			basis of the risk of human-induced climate change, its natural, political, and economic impacts and risks, and possible response options.	
4	existential threat	D	when a particular type of animal or plant stops existing.	
5	sustainability crisis	E	an economic system of closed loops in which raw materials, components and products lose their value as little as possible, renewable energy sources are used and systems thinking is at the core.	
6	Intergovernmental Panel on Climate Change (IPCC)	F	is a mental disorder in which a person feels the need to perform certain routines repeatedly (called "compulsions"), or has certain thoughts repeatedly (called "obsessions"). The person is unable to control either the thoughts or activities for more than a short period of time.	
7	Green politics	G	to put used objects or materials through a special process so that they can be used again.	
8	pep-talking	H	a piece of equipment, usually kept on a roof, that collects and	

			uses the sun's energy to heat water or make electricity.	
9	global warming	I	a large curved container with a flat top and bottom, made of wood or metal, and used for storing beer, wine etc	
10	recycle	J	are resistant problems, the collective effect of environmental changes.	
11	mass emissions	K	the title of a newspaper report, which is printed in large letters above the report	
12	extinction	L	something that limits someone's actions or movement, or limits the amount, size, etc., of something.	
13	the Paris Agreement	M	is a threat that lies forehead.	
14	equity or climate justice	N	is the use of wind to provide the mechanical power through wind turbines to turn electric generators and traditionally to do other work, like milling or pumping. Wind power is a sustainable and renewable energy, and has a much smaller impact on the environment compared to burning fossil fuels.	
15	solar panels	O	or ecopolitics, is a political ideology that aims to foster an	

			ecologically sustainable society rooted in environmentalism, nonviolence, social justice and grassroots democracy.	
16	wind power	P	used to say that something is very important:	
17	circular economy	Q	a gas or other substance that is sent into the air.	
18	significantly	R	is a term used to frame global warming as an ethical and political issue, rather than one that is purely environmental or physical in nature. This is done by relating the effects of climate change to concepts of justice, particularly environmental justice and social justice and by examining issues such as equality, human rights, collective rights, and the historical responsibilities for climate change. An important concern related to climate justice is that those who are least responsible for climate change suffer its gravest consequences.	
19	barrel	S	is an anxiety disorder in which a person who is normally capable of speech cannot speak in	

			specific situations or to specific people.	
20	headline	T	a short speech intended to encourage someone to make more effort or to think more positively.	

4. Watch the video and say if the following statements are true or false:

1	Climate change is a result of human's way of living.	TRUE	FALSE
2	Burning fossil fuels is illegal now.	TRUE	FALSE
3	The reason of Greta's illnesses was her genes.	TRUE	FALSE
4	Greta said that there should be slow transition from black to white.	TRUE	FALSE
5	The biggest hopes are laid on rich countries to change this situation.	TRUE	FALSE
6	The amount of extinction of rare species is on its peak now.	TRUE	FALSE
7	People are learning from their mistakes.	TRUE	FALSE
8	Greta was studying to become a climate scientist.	TRUE	FALSE

5. Think of the facts that the following figures, dates and numbers are related to:

8; 11; 15%; 0.5 to 1.1; 200; 6 to 12; 2078; 30; 100 million.

6. What did she say?

Watch the video and complete the commentary

When I was about eight years old, I first heard about something called 1)_____ or 2)_____. Apparently, that was something humans had created by our way of living. I was told to 3)_____ the lights to save energy and to 4)_____ paper to save resources. I remember thinking that it was very strange that humans, who are an animal species among others, could be capable of changing the Earth's 5)_____. Because if we were, and if it was really happening, we wouldn't be talking about anything else. As soon as you'd turn on the

TV, everything would be about that. 6)_____, radio, newspapers, you would never read or hear about anything else, as if there was a 7)_____ going on. But no one ever talked about it. If burning fossil fuels was so bad that it threatened our very 8)_____, how could we just continue like before? Why were there no 9)_____? Why wasn't it made illegal? To me, that did not add up. It was too unreal. So when I was 11, I became ill. I fell into 10)_____, I stopped talking, and I stopped eating. In two months, I lost about 10 kilos of weight. Later on, I was 11)_____ with Asperger syndrome, OCD and selective mutism. That basically means I only 12)_____ when I think it's 13)_____ – now is one of those moments.

For those of us who are on the spectrum, almost everything is 14)_____. We aren't very good at lying, and we usually don't enjoy participating in this 15)_____ that the rest of you seem so fond of.

I think in many ways that we 16)_____ are the normal ones, and the rest of the people are pretty strange, especially when it comes to the 17)_____, where everyone keeps saying climate change is an existential threat and the most important 18)_____ of all, and yet they just carry on like before. I don't understand that, because if the emissions have to stop, then we must stop the emissions. To me that is black or white. There are no 19)_____ when it comes to survival. Either we go on as a civilization or we don't. We have to 20)_____.

7. Use the words in the box to complete sentences. Pay attention to grammar.

restrictions selective mutism existential threat sustainability crisis pep- talking global warming recycle extinction circular economy significant headline

The 1)_____ crisis is an 2)_____ threat to the planet, and 3)_____ is one of the most significant challenges we face. To tackle these

issues, we need to take bold actions to reduce our carbon footprint, including 4)_____ more and adopting 5)_____ principles. However, many individuals face 6)_____ when trying to make these changes. For example, some people with 7)_____ may find it challenging to engage in 8)_____ or advocate for sustainability. It's crucial to recognize these limitations and find ways to support everyone in taking action to protect the environment.

Despite the obstacles, it's essential to continue spreading awareness about the 9)_____ and the urgent need to address it. 10)_____ and news stories can play a vital role in highlighting the gravity of the situation and encouraging individuals and organizations to take action. Together, we can work towards a more sustainable future and prevent the 11)_____ of countless species on our planet. It's up to all of us to make 12)_____ changes, no matter how small they may seem, to help protect the planet for future generations.

8. Questions for discussions:

- 1) What can you say about Greta Thunberg's reaction on the fact about climate change? What were the consequences of her worrying? Is it a usual reaction for a girl of her age?
- 2) What do you think about the statement: «To me that is black or white. There are no gray areas when it comes to survival». To what extent do you agree with it?
- 3) Greta Thunberg said that rich countries need to start reducing emissions. Why didn't she mention poor countries? Don't they have an impact on global warming or aren't they aware what the problem is?
- 4) Comment on the quote: "There are no grey areas when it comes to surviving".
- 5) Do you agree that small changes in everyone's life can stop such huge negative climate changes?

9. Provide an artistic translation of the speech part from the very beginning to 3:10 (in writing).

10. Provide an essay on the abstract from the speech:

“And yes, we do need hope, of course we do. But the one thing we need more than hope is action. Once we start to act, hope is everywhere. So instead of looking for hope, look for action. Then, and only then, hope will come.”

WHY WE CAN'T STOP EATING UNHEALTHY FOOD

by Laura Shmidt

The link to the video: <https://www.tedmed.com/talks/show?id=529952>

1. Discuss before watching the video:

- ◆ *What are some examples of unhealthy foods that you regularly consume?*
- ◆ *How often do you eat fast food or processed foods, and do you notice any negative effects on your health after consuming them?*
- ◆ *Have you ever tried to make healthier food choices, and if so, what challenges did you face in doing so?*

2. Match words and phrases on the left with their definitions on the right:

1	palcohol	A	too powerful or convincing to be resisted	
2	to be bombarded	B	environment with a lot of things we get hooked from	
3	to be\to get hooked	C	to make something more attractive or exciting	
4	go-to ingredient	D	a potent hard crystalline form of cocaine broken into small pieces and inhaled or smoked	
5	stimulant	E	you are wasting your efforts because you will get no results	
6	irresistible	F	ingredient that you can always use in the type of food you are preparing	
7	habit-forming products	G	not considering yourself or your ideas to be as important as other people's	
8	the brain imaging technologies	H	a lot of criticism, questions, complaints etc that are said at the same time, or very quickly one after another	
9	obstacle course	I	to make someone want to do something by making it	

			seem very attractive or interesting to them	
10	drug-saturated environments	J	products which we consume every day	
11	global warming of human health	K	powdered alcohol	
12	all-you-can-eat buffet	L	a series of difficulties that have to be negotiated in order to achieve a particular aim	
13	shop till I drop	M	to move something with a quick sudden movement so that it is in a different position	
14	jazz up	N	when someone is very fat in a way that is unhealthy	
15	to flip	O	to dishonestly arrange the result of some action; unfairly agree with each other to do something harmful for others secretly	
16	humble	P	to have addiction to smth	
17	crack	Q	used to describe a meal at a restaurant where people can serve themselves as much food as they want	
18	blight	R	to do a large amount of shopping	
19	obesity	S	to move something or someone a short distance by gently pushing	
20	non-alcoholic fatty liver disease	T	a substance that raises levels of physiological or nervous activity in the body	
21	until I'm blue in the face	U	the term for a range of conditions caused by a build-up of fat in the liver. It's usually seen in people who are overweight or obese	
22	To seduce	V	is the using of various techniques to either directly or indirectly image the structure, function, or	

			pharmacology of the nervous system.	
23	To nudge	W	something that makes people unhappy or that spoils their lives or the environment they live in	
24	to barrage	X	the negative impact that climate change can have on human health	
25	to rig	Y	to attack, whether physically (with something like missiles) or metaphorically (with something like questions)	

3. Check TRUE or FALSE. Correct false sentences.

1	In the video, it is suggested that many people instinctively reach for their cell phones as soon as they wake up in the morning	TRUE	FALSE
2	The presenter discusses the upcoming release of powdered alcohol as a new product in the market..	TRUE	FALSE
3	According to the presenter, food corporations employ scientists to develop highly addictive foods, with sugar being their preferred ingredient.	TRUE	FALSE
4	Coca-Cola originally contained cocaine in its recipe, but it had to modify it due to changing regulations.	TRUE	FALSE
5	Contrary to the presenter's main concern, the text highlights two other alarming trends rather than the rise in obesity rates..	TRUE	FALSE
6	The emergence of non-alcoholic fatty liver disease is a relatively recent occurrence, linked to heavy sugar consumption and poor diet.	TRUE	FALSE
7	The video asserts that feasible solutions to the current food-related issues are easily accessible.	TRUE	FALSE
8	The public health strategies discussed in the video aim to steer people away from unhealthy products rather than encouraging their consumption.	TRUE	FALSE

4. What did she say?

Watch the video and complete the commentary

So when you get up in the morning, you probably feel pretty free to choose what you're going to do.

My guess is the first thing you do is reach for one of these: _____ . It gives me continuous access to an online _____ . I can enter a virtual gambling casino, get hooked on a little app or a game, a _____ .

I've got to be honest with you, I am one I cannot not look at this thing when it pings with a new text message.

And I am one of the _____ of Americans who can't get up out of bed in the morning without checking this thing first. Sometimes I don't even notice I'm reaching for it. I just do it.

And here's a product you probably don't have in your pocket. This is _____ . I'm not kidding, pow-alcohol. It's going to be out _____ this year.

So I could just carry around this convenient little package and mix myself up a _____ whenever wherever I want. Maybe I should add it to my morning coffee at work, it might jazz things up a bit.

_____ . At no time in human history has our species been so _____ designed to get us hooked. Companies compete on the very basis of creating ever more _____ . And it's no different with our food.

Food corporations hire _____ to engineer the most _____ habit forming foods. Sugar is currently their go-to ingredient.

These guys have flipped the script on us. They are using the very brain imaging technologies that we use to try to find cures for _____ . Only they put people in the MRI machine and feed them Doritos chips to figure out ways to tweak the recipe to make it even more habit forming than it already is.

So here's my question to you:

When you live in a world that is surrounding you on a _____
with food products scientifically engineered to be habit forming, do you really have
_____?

**5. Use the words in the box to complete sentences. Pay attention to grammar.
Some words may be used more than once**

stimulant	irresistible	habit-forming products	priority	the brain
imaging technologies	drug-saturated environments	all-you-can-eat buffet	shop till I drop	until I'm blue in the face
to barrage	to rig	addictive		

The Impact of Habit-Forming Products on Our Lives

In our fast-paced world, there is no shortage of _____ that can grab our attention and influence our choices. These products act as _____, captivating us with their _____ allure. They become a priority for many individuals, shaping their daily routines and habits.

The rise of habit-forming products has led to the development of advanced _____. Scientists use these tools to understand how our brains respond to such _____. These insights help us comprehend the impact of these products on our neural pathways.

We live in _____, where temptations are everywhere. From the _____ that lures us with its limitless options to the shopping sprees that make us want _____, we are constantly bombarded with stimuli that aim to keep us hooked. Breaking free from their grip can feel like an uphill battle.

Sometimes, we try to resist these products until we're _____, but they are often designed to _____ our senses and _____ our brain's reward systems.

However, it's crucial to recognize that we have the power to regain control over our lives.

Setting priorities and being mindful of the impact of these products is key. We can make informed choices, establish healthier habits, and seek support when needed. By developing strategies to navigate these _____ environments, we can live fulfilling lives while maintaining a healthy balance.

In conclusion, _____ have a significant impact on our lives. Their stimulant qualities make them _____, and they can become a top priority for many. In _____, they barrage us with temptations. Nevertheless, by understanding the power they hold over us and making conscious choices, we can regain control and shape our lives according to our own priorities.

6. Questions for discussions:

- 1) Are there any foods that you know are unhealthy, but you continue to eat them anyway? Why is that?
- 2) How do you think your diet affects your overall physical and mental health, and what steps could you take to improve your diet?
- 3) Comment your own attitudes to drugs and alcohol. Is it easy to live in alcohol and drug saturated environment?
- 4) Do you have any food addictions? Share your own methods avoiding habit-forming products.
- 5) Was there anything new for you in this Ted talk? What? Provide your feedback of the talk.

7. Provide your opinion on these statements from the video:

- 1) And I am one of the 78% of Americans who can't get up out of bed in the morning without checking this thing first. Sometimes I don't even notice I'm reaching for it. I just do it.

- 2) At no time in human history has our species been so bombarded by stuff designed to get us hooked. ... *When you live in a world that is surrounding you on a 24/7 basis with food products scientifically engineered to be habit forming, do you really have freedom of choice?*
- 3) But when you live in a sugar saturated environment, more often than not, you'll probably just reach for what's been put in front of you. And if it's a concentrated source of pleasure, a product carefully engineered with white powders to get you hooked, that puts a huge burden on you all the time to say no. And many of us don't.

8. Provide an artistic translation of the speech part from Task 4 (in writing).

9. Provide an opinion essay (200 words) on the quote:

“It's not about personal choice anymore. It's about our public choice”

YOUR BODY LANGUAGE MAY SHAPE WHO YOU ARE

by Amy Cuddy

The link to the video: <https://www.youtube.com/watch?v=Ks-Mh1QhMc&t=935s>

1. Discuss before watching the video:

- ◆ *How does body language influence our perception of others and ourselves?*
- ◆ *Can body language impact our confidence and self-esteem? How?*
- ◆ *What are some common body language cues that convey power and authority?*
- ◆ *In what ways can body language affect our success in professional settings?*

2. Match words and phrases on the left with their definitions on the right:

1	to tweak	A	having or showing a confident and forceful personality	
2	awkward interaction	B	interrupt with aggressive comments or abuse	
3	valid	C	posture that mentally associate with being powerful, posture that mantally associated with being powerless	
4	inferences	D	preconceived opinion that is not based on reason or actual experience	
5	judgment	E	make (attitudes or behaviour) part of one's nature by learning or unconscious assimilation	
6	prejudice	F	relaxed and easy-going	
7	MBA students	G	a popular idiomatic expression that suggests acting as if you possess confidence, knowledge, or skill, even if you do not feel entirely	

			confident or proficient in a particular situation	
8	struggle	H	to be in danger or to have difficulties	
9	govern	I	a specialized unit within a hospital or healthcare facility that focuses on providing rehabilitation services to patients recovering from various medical conditions, injuries, surgeries, or illnesses	
10	assertive	J	if a system or machine copes with a particular type or amount of work, it does it	
11	laid back	K	take risky action in the hope of a desired result	
12	high-power poses or low-power poses	L	say or do something in support of someone or something	
13	spit into a vial	M	to change smth slightly	
14	gamble	N	an opinion that you form, especially after thinking carefully about something	
15	give a pitch	O	Master of Business Administration	
16	hunch up	P	based on good reasons or facts that are true	
17	heckle	Q	if the number or rate of something spikes, it increases quickly and by a large amount	
18	internalize	R	a system in which people or things are arranged according to their importance	
19	hierarchies	S	conclusion	
20	to cope	T	to raise up or lift up some body part	
21	fake it till you make it	U	to force out the contents of the mouth into small bottle	

22	rehab ward	V	conduct the policy, actions, and affairs of (a state, organization, or people) with authority	
23	to spike	W	communication which cause difficulties	

3. Check True or False. Then correct the false statements.

1	Nonverbal behavior, including body language, can significantly impact our lives.	TRUE	FALSE
2	Body language can influence how others perceive us and make judgments about us.	TRUE	FALSE
3	People tend to mirror or complement the nonverbal behavior of those they interact with, especially in terms of power dynamics.	TRUE	FALSE
4	Faking powerful body language can potentially lead to increased confidence and assertiveness.	TRUE	FALSE
5	Alpha individuals in primate hierarchies experience a decrease in testosterone and an increase in cortisol when taking over an alpha role suddenly.	TRUE	FALSE
6	The experiment involved participants looking at pictures of high-power and low-power poses to induce a feeling of power.	TRUE	FALSE
7	Risk tolerance was found to be higher in the low-power pose condition compared to the high-power pose condition.	TRUE	FALSE
8	The experiment measured changes in cortisol levels only, without examining testosterone levels.	TRUE	FALSE

4. Think of the facts that the following figures, dates and numbers are related to in the video:

20	10	19	86	30
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5. What did she say?

Watch the video and complete the commentary.

So I want to start by offering you a free no-tech _____, and all it requires of you is this: that you change your _____ for two minutes. But before I give it away, I want to ask you to right now do a little audit of _____ and what you're doing with your body. So how many of you are sort of making yourselves _____? Maybe you're _____, crossing your legs, maybe wrapping your ankles. Sometimes we hold onto our arms like this. Sometimes we _____. (Laughter) I see you. So I want you to pay attention to what you're doing right now. We're going to come back to that in a few minutes, and I'm hoping that if you learn to _____ this a little bit, it could significantly change the way your life unfolds.

So, we're really fascinated with body language, and we're particularly interested in other people's _____. You know, we're interested in, like, you know — (Laughter) — an awkward interaction, or a smile, or a contemptuous _____, or maybe a very awkward wink, or maybe even something like a handshake.

Narrator: Here they are arriving at Number 10. This lucky policeman gets to shake hands with the _____. Here comes the Prime Minister -- No.

Amy Cuddy: So a handshake, or the lack of a handshake, can have us talking for weeks and weeks and weeks. Even the BBC and _____. So obviously when we think about nonverbal behavior, or body language -- but we call it _____ as social scientists -- it's language, so we think about communication. When we think about communication, we think about interactions. So what is your body language communicating to me? What's mine communicating to you?

And there's a lot of reason to believe that this is a valid way to look at this. So _____ have spent a lot of time looking at the effects of our body language, or other people's body language, on _____. And we make sweeping judgments and inferences from body language. And those judgments can predict really meaningful life outcomes like who we _____, who we ask out on a _____. For example, Nalini Ambady, a researcher at Tufts University, shows that when people watch 30-second _____ clips of real physician-patient interactions, their judgments of the physician's niceness predict whether or not that physician will be _____. So it doesn't have to do so much with whether or not that physician was _____, but do we like that person and how they interacted? Even more dramatic, Alex Todorov at Princeton has shown us that judgments of political candidates' _____ in just one second predict 70 percent of U.S. Senate and gubernatorial race outcomes, and even, let's go digital, _____ used well in online negotiations can lead you to claim more value from that negotiation. If you use them poorly, _____. Right?

6. Use the words in the box to complete the text. Pay attention to grammar.

to tweak judgment awkward interaction laid back fake it till you make it
 rehab ward heckle hunch up to cope struggle to spike

In social situations, we often face tricky moments that require some adjustments to handle smoothly. Whether it's an uncomfortable chat at a gathering or a critical glance from someone, knowing how to _____ our behavior can be important.

Staying _____ can be helpful in such situations. Instead of letting _____ overwhelm us, we can take a deep breath, relax our shoulders, and act casually. Sometimes, it's about _____ - pretending until we make it.

Imagine being in a _____, surrounded by people dealing with different challenges. It might feel natural to _____ and withdraw, but we can **cope** better by reaching out, offering support, and making connections.

Of course, there are times when coping feels like a _____. Overcoming obstacles and setbacks can be tough. But it's important to remember that each setback is an opportunity to become stronger and more resilient.

Sometimes, unexpected challenges can _____ our stress levels. Whether it's a sudden change of plans or a difficult conversation, we might feel tempted to _____ or react negatively. However, taking a moment to breathe and reassess the situation can help us respond more positively.

Ultimately, navigating life's twists and turns requires resilience, adaptability, and self-awareness. By adjusting our approach, staying laid back, and being willing to act confidently even when uncertain, we can overcome awkward interactions and critical looks, coming out stronger on the other side.

7. Questions for discussions:

- 1) What is the main life hack suggested at the beginning of the video, and how does it involve changing posture?
- 2) How does the speaker encourage the audience to become aware of their body language?
- 3) Why does the speaker emphasize the importance of body language in social interactions?
- 4) What examples does the speaker provide to illustrate the significance of body language in various contexts?
- 5) How do judgments based on body language impact real-life outcomes, according to the video?
- 6) What experiments and research findings does the speaker mention regarding the effects of power posing on behavior and physiology?

- 7) What are some of the physiological changes observed during power posing experiments?
- 8) In what situations does the speaker suggest applying power posing techniques?
- 9) How does the speaker relate her personal experience of feeling like an impostor to the concept of power posing?
- 10) What advice does the speaker offer to individuals who feel they are not supposed to be in certain situations?
- 11) How does the speaker differentiate between "faking it till you make it" and "faking it till you become it"?
- 12) What role do small adjustments, like power posing for two minutes, play in shaping behavior and outcomes?
- 13) Why does the speaker emphasize the importance of sharing the science behind power posing?
- 14) How might power posing be beneficial for individuals with limited resources or status?
- 15) What potential criticisms or limitations might be associated with the concept of power posing?
- 16) How do cultural differences and societal norms influence the interpretation and effectiveness of power posing?
- 17) Can power posing alone address deeper issues related to confidence and self-esteem?
- 18) Are there alternative strategies or interventions that could complement or enhance the effects of power posing?
- 19) How can individuals integrate the principles of power posing into their daily routines and professional lives?
- 20) What further research questions or areas of exploration could emerge from the discussion on power posing and its implications for behavior and well-being?

8. Provide an artistic translation of the speech part from Task 5 (in writing).

9. Provide an opinion essay (200 words) on one of the topics:

- 1) *The Efficacy of Power Posing: Exploring Its Potential Impact on Confidence and Performance.*
- 2) *Gender Disparities in Body Language: Analyzing the Differential Effects of Power Posing on Men and Women.*
- 3) *Overcoming Impostor Syndrome: Assessing the Role of Power Posing in Fostering Self-Confidence and Assertiveness.*
- 4) *The Ethical Implications of Power Posing: Debating Its Usefulness Versus the Risk of Promoting Inauthentic Behavior.*