

# 1C Positive thinking

WRITING OUTPUT | a message

GOAL | relay specific information

MEDIATION SKILL | looking for specific information

## WARM-UP

- 1 Work in pairs. What helps you when you're stressed or in a bad mood? Why?

## PREPARE

- 2 Read the Scenario. What problem does your friend Safiya need help with?

## SCENARIO

Your friend Safiya sends you a message.

I need your help! I love my job, but work is really hard at the moment. I'm stressed and I'm in a bad mood all the time. What can I do to feel more positive?

- 3 You see this social media post online. Read the title and the first paragraph. What is the post about? Can it help Safiya?

uniofposthinkUK 19 21 ↗



## Thinking positive: Live talk

Did you know that words can change our brains? Think of a positive word for a few minutes, for example 'love'. Changes happen in your brain. Think of a positive word for a long time, and you can feel more positive about yourself, other people and the world. You start to do more things, too.

Dr Shelly Gibbs will be here on Monday to tell us more about the topic of positive words and our brain. She is a professor at the Institute of Positive Thinking. In her one-hour talk, Dr Gibbs explains the science of positive words. She explains what happens in our brains and she tells us how to use positive words. This talk is for people who want to feel more positive.

You can see our talk on our website [www.uniofpositivethinking.com](http://www.uniofpositivethinking.com) on Monday. It starts at 7 p.m. Watch, listen and join the discussion in the chat. There's no cost. It's free for everyone.

- 4A Read the Mediation Skill box. In what kinds of texts do we look for specific information?

## MEDIATION SKILL

### looking for specific information



Sometimes we want to find information in a text quickly. We can do these things.

- 1 Think about the information we want, e.g. a price, a name.
- 2 Think of words and phrases that help us find that information; e.g. *cost, called*.
- 3 Think of other things that can help us, e.g. £, a number, capital letters.
- 4 Look for the information we want and words and phrases to help us in the text.
- 5 Read the whole sentence around the word or phrase to be sure the information is what we need.

- B Look at questions 1–8. What things in the box do they ask for? You can use two things twice.

day	name	number	place	price
time	type of person			something else

- 1 Who is the speaker? **name**
- 2 When is the talk? (x2)
- 3 How long is the talk? (x2)
- 4 How much does the talk cost?
- 5 What is the topic of the talk?
- 6 What kind of people is the talk for?
- 7 Where can people see the talk?
- 8 Where does the speaker work?

- C Look at Question 1 in Ex 4B and:

- 1 decide what to look for in the social media post to find the answer.
- 2 find it in the post.
- 3 read the whole sentence(s) and answer the question.

- D Repeat for Questions 2–8.

## MEDIATE

- 5A Write a message to Safiya. Tell her about the talk. Use your answers to Exs 4C and 4D to help you. Put the information in a logical order.

**There's a talk that can help you. It's about ...**

- B Swap messages with another student. Is the important information from the social media post there?

# 2C A charity event

SPEAKING OUTPUT | a discussion

GOAL | work together in simple, shared tasks

MEDIATION SKILL | taking turns

## WARM-UP

- 1 Work in pairs and discuss the questions.

- 1 Have you ever organised an event? When?
- 2 What kind of events do you like, or not like (e.g. music, sports)? Why?

## PREPARE

- 2 Read the Scenario. What does Alena want you to do? What do you need to decide on?

## SCENARIO

Your marketing director sends you an email.

To: theAteam@email.uk  
From: alenaparks@email.uk

Dear team,

We need to plan our company's charity event for this year. Let's meet on Tuesday at 2 p.m. to discuss it. We need to decide:

- the type of event.
- when to have it.
- where to have it.
- what we need for it.

Remember, last year we raised over £4,000 for the children's hospital. Let's raise more this year!

Alena  
Marketing Director

- 3 MB2.01 | Listen to a marketing team talking about a charity event. What kind of events do they discuss? Which one do they decide to have?

- 4A Read the Mediation Skill box. Think of one more phrase for each section.

## MEDIATION SKILL

### taking turns



When we have a conversation, we take turns to speak. These phrases can help us to have a longer conversation or discussion.

Starting the conversation: **Let's talk about / discuss ... , I've got an idea.**

Keeping your turn: **Also, ... , And that's not all ...**

Getting your turn: **Sorry, but ... , Can I just say that ... ? Good idea! Good point. I agree.**

Giving your turn to others: **What do you think? How about ... ? Sorry, did you want to say something?**

Filling silence: **Er ... , Let's think ... , Let's see.**

- B MB2.01 | Listen to the conversation again. Tick the phrases in the Mediation Skill box you hear.

- C MB2.02 | Read the next part of the conversation. Choose the correct words. Then listen and check.

J = Janek D = David A = Alena

J: <sup>1</sup>Let's discuss / Let's see the date.  
What's a good time for a fun run?

D: July or August?

A: Yes, we want good weather so ...

J: Er, sorry, <sup>2</sup>can I just say that / how about it can be very hot in July and August and a lot of staff go on holiday then, too?

A: Hmm, true. June is probably better. Maybe 24 June. <sup>3</sup>Sorry, but ... / What do you think?

D: Sounds good. We can have it in the park. I can speak to the council.

A: <sup>4</sup>Good idea! / Let's think! What else do we need?

D: <sup>5</sup>And that's not all / Let's see ... we need food and drink for everyone before and after the race.

A: Er ...

J: Yes, <sup>6</sup>also / I agree music. Maybe we can have a band playing. I can speak to my cousin. She's in a band.

D: I like that idea. We need people to have a really good time so they give lots of money! Sorry, Alena, <sup>7</sup>did you want to say something / how about?

A: Yes, we need some prizes for the winners.

J: <sup>8</sup>That's not all / Good point!

- 5 You're going to plan a charity event. Think of at least one idea for each thing in the email in Ex 2. Make notes.

## MEDIATE

- 6A Work in groups. Plan the charity event. Make suggestions and decide on the things in the email in Ex 2. Offer to help with the planning. Use your notes from Ex 5 to help you.

- B Tell the class or another group about your event. Which event would you like to go to? Why?