

LESSON PLAN

AUGUST, 2018

10 Reasons Why You'll Be Okay



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A SYNCHRONISED COINCIDENCE



INTERMEDIATE

Stages	Procedure	Time
Objectives	<ol style="list-style-type: none"> To practice <ol style="list-style-type: none"> identify meaning of idioms through context skimming and scanning for details 	
Warmer	<ol style="list-style-type: none"> Teacher asks students how they are feeling – good, bad, etc. – elicit for responses. If there are students who answer that they don't feel good, ask why. Elicit for reasons that make them down. 	3 mins
Pre-reading	<ol style="list-style-type: none"> Teacher then write the following statement on the board: <i>'Life will have its ups and it will have its downs'</i> Ask students – What does the statement mean? Elicit responses. Next, ask students to turn to the article on page 45. Get them to look at the title and skim through the introduction. Ask students what they think the article is going to be about. Elicit responses. 	5 mins
While-Reading	<ol style="list-style-type: none"> Distribute Task 1. Get students to read the text. Look out for the idioms and try to guess the meanings. Students work in pairs. 	10 mins
Post reading	<ol style="list-style-type: none"> Elicit and confirm answers. Next, continue with Task 2. Get students to complete comprehension questions with their partners. Elicit, discuss and confirm answers. Next, distribute Task 3. Ask students to close their magazines and complete Task 3. Elicit and discuss answers. 	15 mins
Wrap	<ol style="list-style-type: none"> Teacher asks students if they find the article helpful and why. Elicit responses. Teacher then asks students how they pick themselves up when they face trials in life and whether they have any good advice that they receive from others (parents, teachers or other role models, etc.) Teacher can share own ways to overcome challenges in life before wrapping up lesson. 	7 mins

TASK 1

Match the idioms below to their meanings.

Idioms

1. Life has its own way of working out •
2. ups and downs •
3. end of the world •
4. take a step back •
5. the bigger picture •
6. go-to people •
7. two sides to the coin •
8. dance in the rain •
9. let something pull you up or down •
10. What doesn't kill you makes you stronger •
11. pick yourself back up •
12. alive and kicking •

Meanings

- a. people who can be turned to for expert knowledge, advice, or reliable performance, especially in an important situation
- b. actively surviving and well
- c. allow something or a situation to encourage or discourage you
- d. you can grow and learn from even the most negative experiences
- e. an unpleasant or disastrous destiny
- f. There will always be a solution to life's problem.
- g. improve your condition or circumstances, after a hardship or difficulty
- h. not letting the bad things or situations get you upset
- i. temporarily stop being involved in an activity or situation in order to think about it in a new way
- j. different ways of looking at or dealing with the same situation
- k. the complete view on a situation or issue
- l. mixture of good and bad things

TASK 2

With reference to the article, answer the questions below.

1) The writer's mother used to tell her that 'there is always someone in a worse situation'. What did the writer learn from her mother's saying?
2) What is the benefit of taking a few seconds off to breathe and take a step back?
3) According to the writer, what do we forget when we are overwhelmed by people's words, thoughts and opinions on us?
4) In point number four, what kind of perspective we ought to look at when bad things happen?
5) According to point number five, how should we react when we fall down?
6) In point number seven, what did the writer remind us about?
7) According to the writer, feeling ashamed will not stop others from pointing out our flaws, so what will stop them?
8) In your opinion, why did the writer say that we are all <i>Mulans</i> and <i>Hercules</i> ?

TASK 3

Complete each statement below by joining two relevant clauses together.

1. Each and everyone around us has their own story as well as trouble, so we must have in mind that _____

2. _____ and we'll see that our problems are microscopic.
3. _____ so let's not forget the good that we have.
4. When things happen, we should look at them with two perspectives because _____

5. You are in control of your own reactions, so when things happen _____

6. You will be able to survive through trials because all _____

7. You can always turn the negative energy into a source of power, for _____

8. When you make a mistake, just remember that _____

we all have our unique qualities
we're probably a little better off than some
life is a learning process
decide whether you are going to let something pull you up or down.
what doesn't kill you makes you stronger
take a deep breath and a step back and we'll see
bad moments will pass and become history
there are always two ways to see things

ANSWERS

Task 1

1. f
2. l
3. e
4. i
5. k
6. a
7. j
8. h
9. c
10. d
11. g
12. b

Task 2

1. The writer learned when there's trouble, she should be a little more positive and have in mind that she's probably a little better off than some.
2. We will be able to see the bigger picture of a situation and realise that what we're troubled about may be a tad smaller.
3. We forget that we are okay the way we are; we have our unique good qualities.
4. (*inference question*) We ought to look at the positive side of things.
5. We should decide whether we are going to let something pull us up or down.
6. The writer reminded us about our failures in the past but we are still doing okay still.
7. Showing others that you are tough and letting them see how wrong they were about us will stop them.
8. (*Inference question*) It is because there is a sleeping warrior in all of us which can be proven through how we have picked ourselves up from worst situations and healed from wounds.

Task 3

1. Each and everyone around us has their own story as well as trouble, so we must have in mind that **we're probably a little better off than some.**
2. **Take a deep breath and a step back** and we'll see that our problems are microscopic.
3. **We all have our unique qualities** so let's not forget the good that we have.
4. When things happen, we should look at them with two perspectives because **there are always two ways to see things.**
5. You are in control of your own reactions, so when things happen **decide whether you are going to let something pull you up or down.**
6. You will be able to survive through trials because all **bad moments will pass and become history.**
7. You can always turn the negative energy into a source of power, for **what doesn't kill you makes you stronger.**
8. When you make a mistake, just remember that **life is a learning process.**