



UNIT Six
Feels good
شعور جميل



<p>fold your arms تشبك ذراعيك</p>		<p>purse your lips يضم شفثيه</p>	
<p>furrow your brow تشد عضلات الجبين فتصبح هناك خطوط بين الحاجبين</p>		<p>drum your fingers ينقر بأصابعه (توتر أو ملل)</p>	
<p>rub your hands together يفرك يديه (ترقبًا أو حماسًا)</p>		<p>tilt your head يميل رأسه</p>	
<p>cross your ankles تضع كاحلًا فوق الآخر</p>		<p>tent your fingers يشبك أصابعه (تفكير أو ثقة)</p>	
<p>wrinkle your nose يجعد أنفه (اشمئزازًا)</p>		<p>stroke your chin يمرر يده على ذقنه (تفكيرًا)</p>	

1 Match the two parts of the sentences.

- 1 My kid brother is so cute! He **folds his**
- 2 My dad always **furrows his**
- 3 Raed gets impatient and often **drums his**
- 4 My best friend always **purses his**
- 5 I really like that TV presenter who always **rubs his**
- 6 They say people **cross their**
- 7 In the photograph, you can see five year-old Elsa **tilting her**
- 8 I remember how our mother used to **tent her**

- a **fingers** when she was trying to explain something to us.
- b **head** while she's listening closely to the story.
- c **ankles** when they're nervous, but I'm not too sure about that.
- d **hands** together when he's talking about good news.
- e **lips** when he can see his favourite team are losing.
- f **fingers** on the kitchen table.
- g **brow** when he's doing the crossword.
- h **arms** when he doesn't want to do something.

1 h 2 g 3 f 4 e 5 d 6 c 7 b 8 a

2 Complete the sentences with the correct forms of the collocations in bold from Exercise 1.

rub your hands together - folds his arms - purses her lips
cross your ankles - tilting its head

1 If you have to wait for a long time, do you start **drumming your fingers**?

2 It's a clear giveaway when you are discussing something with my cousin and he feels a bit uncomfortable because he always _____.

3 You don't need to _____ and look so happy because it's my turn to clean the kitchen this week!

4 Check out that cute clip online where the bird keeps _____ to one side when the little girl talks to it.

5 At an interview, try to relax and don't _____ as that can show you're a bit worried.

6 Whenever we play tennis together, my sister _____ in irritation if she misses the ball.

Answers

2 folds his arms 3 rub your hands together 4 tilting its head

5 cross your ankles 6 purses her lips

LESSON 1A VOCABULARY AND SPEAKING



A



B



C



D



E



F



G



H

1 SPEAKING Discuss the questions.

- 1 What do you first notice when you meet someone new?
- 2 What do you think you can learn from a person's body language?

What does your body language say about you?

Do you ...

- 1 fold your arms when you are feeling _____?
- 2 purse your lips when you are _____?
- 3 furrow your brow when you are _____?
- 4 drum your fingers when you are _____?
- 5 rub your hands together when you are _____?
- 6 tilt your head when you are _____?
- 7 cross your ankles when you are _____?
- 8 tent your fingers when you are _____?
- 9 wrinkle your nose when you find something _____?
- 10 stroke your chin when you are _____?



I



J

1 Students' own answers

2 Read the survey on body language. Match the highlighted phrases with pictures A–J.

Answers 1 H 2 I 3 J 4 F 5 C 6 D 7 G 8 A 9 E 10 B

3 6.1 In pairs, complete the survey on page 4 with the words from the box. Then listen to a radio programme about body language and check.



attentive **concentrating** **defensive** **distasteful** **excited**
impatient **in control** **indecisive** **irritated** **nervous**

Answers

1 defensive 2 irritated 3 concentrating 4 impatient 5 excited
 6 attentive 7 nervous 8 in control 9 distasteful 10 indecisive

	Body-language phrase	When you are	Arabic
1	fold your arms	defensive	دفاعي / في وضع حماية
2	purse your lips	irritated	منزعج / متضايق
3	furrow your brow	concentrating	يركّز / عابس تفكير
4	drum your fingers	impatient	غير صبور
5	rub your hands together	excited	متحمّس
6	tilt your head	attentive	منتبه
7	cross your ankles	nervous	متوتر
8	tent your fingers	in control	مسيطر / واثق
9	wrinkle your nose	distasteful	مشمئز
10	shrug your shoulders	indecisive	متردد

4 6.2 Listen to a phone-in programme.

Write the numbers of the body language gestures from Exercise 2 that each person mentions.

1 Hala _____ 2 Ali _____ 3 Osama _____
 4 Malak _____ 5 Rashed _____



Answers

Hala 1 Ali 8 Osama 6 Malak 4 Rashed 5 and 10

ACTIVE VOCABULARY | Collocations SB / Pg.5

Collocations are words that naturally go together.

A common collocation is verb + noun (or verb + pronoun + noun), e.g., **tilt your head**. If we substituted the verb tilt for bend, it would not be correct although the verbs are synonymous.

التعابير الثابتة هي كلمات تذهب معًا بشكل طبيعي.
أحد التعابير الثابتة الشائعة هو فعل + اسم (أو فعل + ضمير + اسم)، مثل **tilt your head** : إمالة رأسك.
إذا استبدلنا الفعل tilt بـ bend، فلن يكون صحيحًا، رغم أن الفعلين مترادفان.

- **Strong collocation** is when the connection between two words is fixed – a word is only used as part of one or a few collocations, e.g., She pursed her lips. He clapped his hands.
- Words that collocate with a lot of other words form **weak collocations**. For example, tilt collocates with body parts (head, chin, mouth), but also with boat, chair, plane.

BODY-RELATED COLLOCATIONS

1 clear your throat	يسعل أو تهمس لتنظيف الحلق قبل التحدث
2 shrug your shoulders	يهز كتفيه كعلامة على عدم المعرفة أو عدم الاهتمام
3 grind your teeth	ضغط الأسنان على بعضها بقوة أثناء النوم أو التوتر
4 flick your hair	يرفع أو يبعد الشعر عن الوجه بسرعة
5 twirl your hair	لعب بشعره بشكل دائري، غالبًا من التوتر أو الملل

5 Study Active Vocabulary. Then read the blog entry and find six verb + pronoun + noun collocations related to body language.

Your body speaks!

This morning, I was people-watching on the train and one guy was looking really sad. Without him saying a word, I knew how he was feeling. Sometimes a gesture can say so much more than words. I mean, if you're just about to go into an exam and someone smiles at you when you're feeling anxious, it can really cheer you up. But then again – there are all those bad habits that can annoy people no end – like my dad's got a friend who's always clearing his throat! It's OK to do it when you're about to give a speech, but every few minutes – it drives me up the wall! Another thing that gets on my nerves is when people shrug their shoulders and can't give a direct answer to a question! Oh, and yes – my sister used to grind her teeth when she was asleep – ugggh! When I was young, I had the habit of twirling my hair in my fingers or flicking it back off my face. I never realised I was doing it. Do you have any habits like that? Post below.

Answers

clearing his throat;
twirling my hair;

shrug their shoulders;
flicking it back off my face

grind her teeth;

6 Complete the collocations from the blog with the correct word from the box.

clear - flick - grinds - shrugged - twirls

- 1 I usually have to _____ **my throat** before speaking to an audience.
- 2 My mum took my brother to the dentist because he _____ **his teeth** when he's asleep.
- 3 I asked Imad if he could help me and he simply _____ **his shoulders**.
- 4 It's so annoying when my sister _____ **her hair in her fingers** while she's talking.
- 5 I always know when it's time for a haircut because I start needing to _____ **my hair back** from my face.

Answers: 1 clear 2 grinds 3 shrugged 4 twirls 5 flick


7 REFLECT | CULTURE

In pairs, discuss whether the body language collocations in this lesson mean the same in Jordan. Think of other gestures people in your country often do that haven't been mentioned.

8 REFLECT | SOCIETY

Much of our communication is virtual these days.
How can this affect our body language and interaction?

BODY-RELATED IDIOMS

1	get cold feet 	يتراجع خوفًا
2	get in over your head	يتورط في أمر يفوق قدرته
3	give somebody the cold shoulder	يعامل شخصًا ببرود / يتجاهله
4	keep your chin up	حافظ على معنوياتك / لا تيأس
5	my lips are sealed	لن أبوح بالسر
6	get off my back	توقف عن مضايقتي أو انتقادي / حل عني
8	turn up your nose	يحتقر / استعلاء (سلوك اجتماعي)
9	off the top of one's head	من الذاكرة مباشرة
10	stick out your chin	يرفع ذقنه (تحديًا أو ثقة)

* Complete the body-related idioms in bold with the words from the box. WB / PG.5

back chin feet head lips nose shoulder

- 1 We've arranged a date for the wedding, but I can't tell you anything yet as **my lips are sealed!**
- 2 It's easy to **get in over your** _____ if you take on extra work without checking out what you've already got planned.
- 3 I offered Laith some hummus, but he **turned his** _____ **up** at it because he wanted a full meal.
- 4 Salwa is still upset with me for losing her book, so she's **been giving me the cold** ever _____ since. I really must apologise and buy her a new one.
- 5 I know I agreed to give a speech at the ceremony, but I'm not good at public speaking and I've **got cold** _____
- 6 Everyone fails at things at some points in their lives – it's just a matter of **keeping your** _____ **up** and trying again.
- 7 Why don't you **get off my** _____ ? I'm doing my best.

Answers 2 head 3 nose 4 shoulder 5 feet 6 chin 7 back

★ Complete the sentences with the correct forms of the idioms from Exercise 3.

- 1 Ali and I had an argument. He *gave me the cold shoulder* for days afterwards, but then we talked it out and everything is fine now.
- 2 You know I can't tell you about that! My _____.
- 3 I just knew that Rashed wouldn't go for the interview. He's _____.
- 4 I'm sorry! I followed the recipe exactly. Don't _____ at it!
- 5 I wish you would _____ – I'll get the project finished by tomorrow.
- 6 Everything will be fine, I promise. _____.
- 7 After a week on the new course, I realised that I'd _____ – I couldn't understand anything.

Answers

- 2 lips are sealed 3 got cold feet 4 turn your nose up
5 get off my back 6 Keep your chin up 7 got in over my head

★ Complete the text using one word in each gap.

fingers - throat - tilting – brow - folded - shoulders – pursing - strokes

**COFFEE AND
PEOPLE-WATCHING**

I love people-watching while enjoying a coffee and a piece of baklava in a café. Outside, one man is leaning forward and whispering, clearly trying to convince his friend of something, but I can tell he is failing. His friend is leaning back with his arms **1** _____ and occasionally shrugging his **2** _____. I can't help but wonder what they're talking about. There's a father and his daughter over there and she's clearly happy with the food he's bought her as she's **3** _____ her hands together with excitement while he **4** _____ his chin and reads the menu to decide what he's going to have next. The waiter hasn't noticed two women who came in five minutes ago and one is drumming her **5** _____ impatiently as her friend clears her **6** _____ ready to call out to the busy man. A grandmother is telling her son something in the corner. She has his full attention as he's **7** _____ his head as he listens, but whatever she's saying is worrying her as her **8** _____ is furrowed. All these people in their own worlds, all sharing the same space. It's really quite fascinating.

Answers

- 1 folded 2 shoulders 3 pursing 4 strokes 5 fingers 6 throat 7 tilting 8 brow

★ Write a short paragraph about people's body language that you've observed today and your interpretation of it.

SUGGESTED ANSWER

Today, I noticed a few people's body language. One person **folded his arms**, which made me think he felt defensive or not open to the conversation. Another person **furrowed his brow** while listening, showing he was concentrating and trying hard to understand. These small gestures can tell a lot about how someone feels without them saying anything.



LESSON 2A READING AND VOCABULARY SB / Pg. 6

ACTIVE READING |

Understanding purpose and function

To understand the purpose of a text, we need to think about:

- Who will read it?
- What type of text is it?
- How does it affect the reader?

To answer these questions, you need to look at the title, any visuals, the style, the tone and the vocabulary used.

★ Study Active Reading. Then tick all the sentences that show the writer's purpose for the article.

- 1 to point out how negative emotions can show themselves physically
- 2 to advise on ways to maintain a calm outer appearance
- 3 to name the resources which can improve our outlook
- 4 to connect what we feel with the face we show to the world
- 5 to explain how we mentally process negative emotions
- 6 to warn that not being genuine may have a negative impact on us
- 7 to underline the dangers of working in certain industries where customers' emotions are valued
- 8 to urge the reader to improve their mental and physical health by displaying or hiding emotions as required

Answers Sentences 1, 3, 4, 6, 8 all indicate the writer's purpose.

EMOTIONS

Emotion	Synonym	Arabic
awe	admiration	رهبة / إعجاب
apprehension	fear	قلق / خوف
serenity	calmness	سكينة / هدوء
contempt	disrespect	ازدراء / احتقار
rage	anger	غضب شديد
anticipation	expectation	توقع / ترقب
loathing	hatred	كراهية شديدة
remorse	regret	ندم شديد

Ex.1 Match emotions from the box with their close synonyms.

- | | | | |
|---------------------------------------|---------------------------------------|----------------------------------|-----------------------------------|
| <input type="checkbox"/> anticipation | <input type="checkbox"/> apprehension | <input type="checkbox"/> awe | <input type="checkbox"/> contempt |
| <input type="checkbox"/> loathing | <input type="checkbox"/> rage | <input type="checkbox"/> remorse | <input type="checkbox"/> serenity |

- | | | | |
|---------------------|----------------------|-------------------|---------------------|
| 1 admiration | 2 fear | 3 calmness | 4 disrespect |
| 5 anger | 6 expectation | 7 hatred | 8 regret |

Answers

- | | |
|--|--|
| 1 awe (stronger than admiration) | 2 apprehension (weaker than fear) |
| 3 serenity (stronger than calmness) | 4 contempt (stronger than disrespect) |
| 5 rage (stronger than anger) | 6 anticipation (stronger than expectation) |
| 7 loathing (slightly weaker than hatred) | 8 remorse (slightly weaker than regret) |

WORDS / PHRASES

Word/Phrase	Meaning in English	Arabic
Wallowed	<u>indulged</u>	غرق في الشفقة
inundated	<u>flooded</u>	غمر / أغرق
suppress	<u>hide</u>	كتم / كبت
endeavours	<u>tries hard</u>	يسعى / يبذل جهداً
exacerbate the problem	<u>make the problem worse</u>	يزيد سوء المشكلة
ascribe human emotions to animals	<u>believe animals experience the same emotions as humans</u>	ينسب مشاعر للحيوانات

★ Rewrite the underlined words and phrases in the sentences using the highlighted words from the text.

- When my brother was younger, he always indulged in self-pity after my parents got cross with him.
- My dad put his old bike up for sale online and he's been flooded with offers.
- I got a message about a brilliant job offer to work in Amman while I was coming home from college. It was very hard to hide my excitement all the way home on the bus.
- The company tries hard to consult all its employees on factors that may affect their working conditions.
- If you get angry and lose your temper, it will only make the problem worse.
- Some people believe animals experience the same emotions as humans and, just like humans, they can express their emotions through actions.

Answers

- 1 wallowed 2 inundated 3 suppress 4 endeavours
5 exacerbate the problem 6 ascribe human emotions to animals

★ Complete the questions with the correct words

suppress – ascribe – inundated - wallow - exacerbated

- What do people do when they _____ in self-pity? Do you ever do this yourself?
- Think of a problem you've had that has got worse recently. What _____ it? Say why.
- What kind of advice do you find yourself _____ with these days? Say why.
- When do you think people should endeavour to _____ their emotions? Say why.
- What would you _____ mood to? Say why.

Answers 1 wallow 2 exacerbated 3 inundated 4 suppress 5 ascribe

SPEAKING In pairs, discuss the questions.

- Do you ever fake emotions? For example, do you pretend to be happy when you are not? Say why.
- Do you think faking emotions can be good or bad for people? Say why.
- In which situations do you think people often have to fake or hide their emotions?

SUGGESTED ANSWERS

1 Yes, sometimes I fake emotions.

For example, I pretend to be happy when I'm not because I don't want to upset others or make the situation awkward.

2 It can be **both**.

It is **good** when it protects someone's feelings or avoids conflict.

It is **bad** when it makes you feel stressed or when people don't know the truth.

3 People often hide their emotions in situations like:

- at work or school - during family gatherings -when they meet someone they don't like

Put on a brave face! أظهر شجاعتك
Or ... Should we? أم... هل يجب أن نفعل ذلك؟



1 While we are all well aware that moving home, starting a new job or receiving bad news, for example, can considerably raise **anxiety** levels, it's not always as easy to make the connection between other physical health problems that **we** may experience as a result of stress. It would seem logical to **ascribe** a racing heart and raised blood pressure to nervousness and **apprehension**, but would we automatically link **those nerves** to an upset stomach or back pain? The truth is that **our** emotions can trigger a host of physical reactions and **that** is why we need to concern ourselves with maintaining our emotional health.

بينما ندرك جميعًا جيدًا أن الانتقال إلى منزل جديد، أو بدء وظيفة جديدة، أو تلقي أخبار سيئة، على سبيل المثال، يمكن أن يرفع مستويات **القلق** بشكل كبير، فإن الربط بين التوتر ومشكلات صحية جسدية أخرى قد نواجهها ليس دائمًا بهذه السهولة. وقد يبدو من المنطقي **عزو (ينسب)** تسارع ضربات القلب وارتفاع ضغط الدم إلى العصبية **والقلق**، لكن هل نربط تلقائيًا هذا التوتر باضطراب المعدة أو آلام الظهر؟ والحقيقة هي أن مشاعرنا يمكن أن تحدث مجموعة واسعة من التفاعلات الجسدية، ولهذا السبب علينا الاهتمام بالحفاظ على صحتنا العاطفية.

“**we / our**” → people in general

“**those nerves**” → feelings of nervousness and apprehension

“**that**” → the fact that emotions can trigger many physical reactions

Paragraph 1 / Questions

1. Which life events can increase anxiety levels?
2. Why is it difficult to connect stress with some physical health problems?
3. Which physical symptoms are commonly linked to nervousness?
4. What does the writer suggest about the effect of emotions on the body?
5. Why is maintaining emotional health important?

Answers

1. Moving home, starting a new job, or receiving bad news.
2. Because it is not always easy to link stress to other physical health problems we may experience.
3. A racing heart and raised blood pressure.
4. That emotions can trigger a host of physical reactions.
5. Because emotions can cause physical reactions, so we need to care about emotional health.

2 “**That’s** easier said than done”, **you** might say, and you would be right. Emotions are not easy to control, particularly negative ones. So, is it actually possible to make **ourselves** feel less negative? ‘How to become a happier you’ is a hot topic at the moment and **we** are **inundated** with advice and tips online. There is an **abundance** of websites with surveys, questionnaires, tips and shared personal experiences available to **us**. Even schools are running mindfulness classes for **their** students as part of the curriculum.

قد تقول: "هذا أسهل قولاً من فعل"، وستكون محقاً. فالمشاعر ليست سهلة التحكم، وخاصة المشاعر السلبية. فهل من الممكن فعلاً أن نجعل أنفسنا نشعر بسلبية أقل؟ إن موضوع "كيف تصبح شخصاً أكثر سعادة" يحظى باهتمام واسع في الوقت الحالي، ونحن **نُغرق** بالنصائح والإرشادات عبر الإنترنت. وهناك **وفرة** من المواقع التي تقدم استطلاعات، واستبيانات، ونصائح، وتجارب شخصية مشتركة. بل إن المدارس بدأت أيضاً في تقديم حصص اليقظة الذهنية لطلابها كجزء من المنهاج.

- “**that’s**” → controlling emotions / making ourselves feel less negative
- “**you / we / us**” → readers / people in general
- “**their**” → schools

Paragraph 2 / Questions

1. Why does the writer say controlling emotions is difficult?
2. What question does the writer raise about negative feelings?
3. Why is becoming happier described as a “hot topic”?
4. What kinds of resources are mentioned online?
5. How are schools responding to this issue?

Answers

1. Because emotions, especially negative ones, are not easy to control.
2. Whether it is actually possible to make ourselves feel less negative.
3. Because there is a lot of current interest and advice about becoming happier.
4. Surveys, questionnaires, tips, and shared personal experiences.
5. By running mindfulness classes as part of the curriculum.

3 A new take on the topic, based on the link between emotion and facial expression, is that rather than **frown** when we're feeling low or upset, **we** should try smiling. Studies have shown that facial expressions not only reflect emotions, but influence **them**. In other words, we may smile because we are happy, but we can also feel happy because we smile.

طرح جديد لهذا الموضوع، قائم على العلاقة بين المشاعر وتعابير الوجه، يتمثل في أنه بدلاً من العبوس عندما نشعر بالحزن أو الانزعاج، ينبغي أن نحاول الابتسام. وقد أظهرت الدراسات أن تعابير الوجه لا تعكس المشاعر فحسب، بل تؤثر فيها أيضاً. وبعبارة أخرى، قد نبتسم لأننا سعداء، لكننا قد نشعر بالسعادة أيضاً لأننا نبتسم.

“we” → people in general

“them” → emotions

Paragraph 3 / Questions

1. What new idea does the paragraph introduce?
2. How are emotions and facial expressions connected?
3. What do studies say about facial expressions?
4. How can smiling affect how we feel?
5. What example does the writer give to explain this idea?

Answers

1. That instead of frowning when feeling low, we should try smiling.
2. Facial expressions both reflect emotions and influence them.
3. That facial expressions influence emotions.
4. Smiling can make us feel happy.
5. We may smile because we are happy, but we can also feel happy because we smile.

4 So, do other facial expressions affect our mood too? Apparently, **they** do. There are studies that show that if we are experiencing pain, yet endeavour not to show **it** on our faces, the degree of pain we experience can be less intense than if we wince and frown. Likewise, if we show that we are frightened when faced with danger, **this¹** can actually **exacerbate** the fear that we're feeling. According to the experts, **this²** is because the way we experience emotion does not just involve the brain; it is far more complex. However, not all scientists are in complete agreement over the benefit of suppressing emotions or faking facial expressions to influence our moods. Research suggests that although faking emotions can help in the short term, continually **suppressing** emotions can have a negative effect on our general health. If the face is not involved in expressing an emotion, **that** emotion may eventually find another outlet, such as depression, a pessimistic outlook, or even physical illness.

فهل تؤثر تعابير الوجه الأخرى في حالتنا المزاجية أيضاً؟ يبدو أن الأمر كذلك. إذ تُظهر الدراسات أنه إذا كنا نشعر بالألم وحاولنا جاهدين عدم إظهاره على وجوهنا، فإن شدة الألم قد تكون أقل مما لو عبسنا أو تألمنا بوضوح. وبالمثل، فإن إظهار الخوف عند مواجهة الخطر قد يزيد من حدة (يفاقم) الخوف الذي نشعر به. ووفقاً للخبراء، فإن تجربة المشاعر لا تعتمد على الدماغ وحده، بل هي أكثر تعقيداً. ومع ذلك، لا يتفق جميع العلماء تماماً على فائدة كبت المشاعر أو تزييف تعابير الوجه للتأثير في الحالة المزاجية. وتشير الأبحاث إلى أنه رغم أن تزييف المشاعر قد يفيد على المدى القصير، فإن كبتها (كتم) باستمرار

قد يؤثر سلبًا في صحتنا العامة. وإذا لم يشارك الوجه في التعبير عن المشاعر، فقد تجد هذه المشاعر مخرجًا آخر، مثل الاكتئاب أو النظرة التشاؤمية أو حتى المرض الجسدي.

- “they” → refers to **other facial expressions**
- “it” → refers to **pain**
- “we” / “our” → refers to **people in general**
- “this¹” → refers to **showing fear when faced with danger**
- “this²” → refers to **the increase in fear or pain due to facial expression**
- “that emotion” → refers to **a suppressed emotion**

Paragraph 4 / Questions

1. How can hiding pain affect how strongly we feel it?
2. What happens when fear is shown during danger?
3. Why do experts say emotions are complex?
4. What do some scientists disagree about?
5. What may happen if emotions are continually suppressed?

Answers

1. Hiding pain can make the pain feel less intense.
2. Showing fear can worsen or increase the fear we feel.
3. Because experiencing emotions does not involve only the brain; it is more complex.
4. They disagree about the benefits of suppressing emotions or faking facial expressions.
5. Suppressed emotions may lead to depression, a pessimistic outlook, or physical illness.

5 Linked with **this latter belief** is the concept of **emotional labour**, which was first identified in 1983. A recent **interpretation** of the term, started by an American journalist in 2017, references the need for people to concern themselves with routine chores that often result in dissatisfaction. However, **the term** was originally invented to describe the requirement for certain employees, for instance **those** in the service industries such as flight attendants and shop assistants, to present a happy face to clients, however bad **they** may be feeling. In other words, it is part of **their** job to pretend to be happy and hide any negative emotions. **This faking of emotion** can contribute to emotional exhaustion, leaving **the person** drained with little emotional energy left.

ويرتبط بهذا الرأي الأخير مفهوم **العمل العاطفي**، الذي تم تحديده لأول مرة عام 1983. وقد ظهر **تفسير** حديث لهذا المصطلح عام 2017 على يد صحفي أمريكي، يشير إلى حاجة الناس للاهتمام بالأعمال الروتينية التي غالبًا ما تؤدي إلى عدم الرضا. غير أن المصطلح أنشئ في الأصل لوصف متطلبات بعض الوظائف، مثل العاملين في قطاع الخدمات كالمضيفين الجويين وبائعي المتاجر، حيث يُطلب منهم إظهار وجه مبتسم للعملاء مهما كانت مشاعرهم الحقيقية. وبعبارة أخرى، يُعد التظاهر بالسعادة وإخفاء المشاعر السلبية جزءًا من عملهم. ويمكن أن يؤدي هذا التزييف إلى إرهاق عاطفي، مما يترك الشخص مستنزفًا وقليل الطاقة العاطفية.

- “this latter belief” → the idea that suppressing or faking emotions can be harmful
- “the term” → emotional labour
- “those”/ “they” / “their” → employees in service industries
- “This faking of emotion” → pretending to be happy and hiding negative emotions
- “the person” → the employee performing emotional labour

Paragraph 5 / Questions

1. What is meant by “emotional labour”?
2. When was the term first identified?
3. Which workers are given as examples?
4. What are these workers required to do?
5. What is one result of faking emotions at work?

Answers

1. The requirement for certain workers to pretend to be happy and hide negative emotions as part of their job.
2. In 1983.
3. Workers in service industries such as flight attendants and shop assistants.
4. They must present a happy face to clients regardless of how they feel.
5. Emotional exhaustion, leaving the worker drained.

6 Whilst **wallowing** in negativity is not going to help anyone, there are definitely times when **we** should allow **ourselves** to show our true feelings. Balancing when or when not to express emotions is something we need to be aware of for the sake of our health.

ومع أن الاستغراق في السلبية لن يساعد أحداً، إلا أن هناك بالتأكيد أوقاتاً ينبغي لنا فيها السماح لأنفسنا بإظهار مشاعرنا الحقيقية. إن تحقيق التوازن بين متى نعبر عن مشاعرنا ومتى لا نفعل ذلك أمر يجب أن نكون واعين به حفاظاً على صحتنا.

- “we” / “ourselves” → refers to **people in general**

Paragraph 6 / Questions

1. According to the writer, why is it important to balance when we express our emotions?
2. What does the writer say we should do instead of wallowing in negativity?

Answers:

1. Because balancing when to express emotions and when not to is important for our health.
2. We should avoid wallowing in negativity and allow ourselves to show our true feelings at appropriate times.

Critical Thinking Questions

Paragraphs 1–2

1 Imagine a student experiencing frequent back pain during exam week. How could stress and emotions be contributing to this, and what strategies could they use to reduce the physical effects?

Suggested Answer: Stress and anxiety can trigger physical reactions like back pain, as emotions affect the body. Strategies include practicing mindfulness, taking breaks, exercising, and using relaxation techniques to reduce tension.

Paragraphs 3–4

3 How could changing facial expressions (e.g., smiling more often) be used as a strategy to reduce stress in the workplace or school?

Suggested Answer: Smiling can influence emotions positively; by smiling, a person may start to feel happier, reducing stress and improving mood. Avoiding negative expressions like frowning can also prevent intensifying negative feelings.

Paragraphs 5–6

6 How would you advise someone to find a healthy balance between expressing and suppressing emotions in personal life?

Suggested Answer: They should allow themselves to show true feelings when safe and appropriate but manage emotional expression in stressful or unsuitable situations. Awareness of timing, practicing mindfulness, and talking to trusted people can maintain emotional health.

GRAMMAR

Reporting Verbs and their patterns

Many reporting verbs can be followed by several different patterns, but this sometimes involves a change in register or meaning.

Verb + (that) + reported statement (confess, predict)

He **confessed** (that) he had broken the vase.

He **predicted** there would be a crisis.

Verb + object + (that) + reported statement (inform, tell)

He **informed** me (that) all the shops were closed.

He **told** me his brother had lost his job.

Verb + if / wh- word + reported statement (ask, wonder, explain)

They **asked** how often I exercised at home.

The children **wondered** why the museum had to remain closed for another month.

The doctor **explained** which treatment to use.

Verb + (that) + personal pronoun + (should) + bare infinitive (recommend, demand)

They **recommended** that we (should) wear protective gloves.

Our boss **demanded** that we reveal the truth about the accident.

Verb + (not) to-infinitive (promise, offer)

He **promised** to cook dinner for the family.

He **offered** to help me with my assignment.

Verb + object + (not) to-infinitive (encourage, persuade)

He **encouraged** me to buy his book.

My brother **persuaded** me to try wind-surfing.

Verb + (not) gerund (admit, regret)

They **admitted** being unreasonable.

Kyle **regretted** criticising our latest idea.

Verb + (object) + preposition + (not) gerund

apologise (**for**) - blame (**for**)

insist (**on**) - congratulate (**on**) - compliment (**on**)

complain (**about**)

discourage (**from**)

They **apologised** for not having cleaned their bedrooms.

*She **insisted** on inviting Harriet to her family party even though nobody liked her.

He **congratulated** me on passing the test.

Verbs with prepositions can also be followed by an object/genitive.

- **They complained about me/my having to share a room.**

الأفعال التي تتبعها حروف جر يمكن أن تتبع أيضاً بمفعول به أو بصيغة الملكية (genitive / -ing).

- *me* → صيغة المفعول به
- *my having...* → صيغة الملكية (تُظهر ملكية الفعل)

★ Match the reporting verb to the sentence.

1 advised

2 congratulated

3 reminded

4 asked

5 explained

6 regretted

7 promised

8 offered

a 'Well done for coming first in the race!'

b 'Would you like me to help you carry those bags?'

c 'What time would you like to meet later?'

d 'Don't forget to bring your car keys!'

e 'I wish I hadn't eaten all of that chicken!'

f 'You should go later when the rain has stopped.'

g 'I'll definitely do it first thing tomorrow.'

h 'You need to pull the door when you unlock it, or it won't open.'

1 f 2 a 3 d 4 b 5 h 6 e 7 g 8 b

★ Now write sentences a-h from the previous exercise as reported sentences using the reporting verbs as though they were said to you. Use She

Answers

- a She congratulated me for coming first in the race.
- b She offered to help me carry the bags.
- c She asked what time I would like to meet (later).
- d She reminded me to bring my car keys.
- e She regretted having eaten/eating all of that chicken.
- f She advised me to go later when the rain had stopped.
- g She promised (that) she would do it first thing the next day.
- h She explained I needed to pull the door when I unlocked it, or it wouldn't open.

Impersonal reporting structures

When we want to report what people generally say/think/feel, we can use reporting verbs in the Passive. We also use them when it is not important to mention who is being reported or for distancing the speaker from another opinion. There are two basic structures.

• **It** + passive form of reporting verb + **that**:

People believe that nature sounds help you relax.

It _____

They have announced that there is an outbreak of a new deadly disease.

It _____

• subject + passive form of reporting verb +

v.1 / v.s	→	to v.1
is/am/are	→	to be
v.2	→	to have +v3
is/am/are+v-ing	→	to be + v-ing
was/were+v-ing	→	to have been living

1. People believe that **this position** is effective in stimulating the brain.

This position _____.

2. People suppose that **nature sounds** help you sleep better.

Nature sounds _____.

3. Studies have shown that **knitting and sewing** are therapeutic.

Knitting and sewing _____.

To emphasise that a situation/fact happened **before** the time it was reported we use a perfect infinitive (to have + Past Participle).

People think that the fire was started deliberately.

The fire **is thought to have been started** deliberately.

To emphasise that a situation/trend is/was continuing at the time it was reported we can use to be + -ing:

People think that more and more young people are using social media.

More and more young people **are thought to be using social media**. (an ongoing trend)

★ Complete the second sentence so that it means the same as the first one.

1 It is now believed that specially trained clowns can help reduce the length of children's hospital stays.

Specially trained clowns _____ help reduce the length of children's hospital stays.

2 It was thought that hospital clowning first started in the 1970s.

Hospital clowning _____ in the 1970s.

3 Clowning was originally assumed to help children primarily by distracting them.

It _____ clowning primarily helped children by distracting them.

4 The benefits of clowning are now thought not to have been fully understood at that time.

It _____ fully understood at that time.

Answers

1 are believed to be able to

2 was thought to have first started

3 was originally assumed that

4 is now thought that the benefits of clowning were not

★ Complete the sentences with the correct passive forms of the reporting verbs in brackets.

1 It **is believed that** (believe) laughter can lower high blood pressure.

2 It _____ (show) getting the giggles is more widespread than used to be thought.

- 3 It _____ (demonstrate) at the exhibition last month that photographs of clowns can lift our spirits.
- 4 It _____ (assume) smiling all the time could make us feel better, but a report last year found this theory to be false.
- 5 It _____ (announce) the circus dates are to be put back for several months.
- 6 It _____ (expect) there will be a high turnout at the lecture.

Answers

- 2 is/has been shown that 3 was demonstrated
 4 is/was/has been assumed that 5 was/has been announced that 6 is expected that

★ Rewrite the sentences using impersonal reporting structures.

- 1 Scientists suspect that new antibiotics will be discovered relatively soon.
 It **is suspected that new antibiotics will be discovered relatively soon.**
- 2 They have estimated that tuition costs at universities have risen by more than 10% in the last decade.
 It _____.
- 3 Doctors used to recommend that people eat five portions of fruit and vegetables a day, but now they say getting ten portions is important.
 It _____.
- 4 People now think that suppressing emotions is bad for our health.
 It _____.
- 5 They have agreed to introduce laughter therapy sessions at the clinic.
 It _____.

Answers

- 2 has been estimated that tuition costs... 3 used to be recommended that we eat five...
 4 is now thought that suppressing emotions... 5 has been agreed to introduce...

★ Rewrite the sentences using the passive forms of the reporting verbs. Start with the underlined phrases.

- 1 It is believed that body language habits are formed during childhood.
Body language habits are believed to be formed during childhood.
- 2 It is thought that the first modern circus was staged in 1777.

- 3 It is understood that Shakespeare was living in Stratford when he died in 1616.

- 4 It was intended that the change in rules was for a temporary period.

- 5 It is rumoured that the author is staying at this hotel.

- 6 It was claimed that an Englishman developed the invention, but it was in fact an American.

Answers

- 2 The first modern circus was thought to be staged in 1777.
- 3 Shakespeare was understood to have been living in Stratford when he died in 1616.
- 4 The change in rules was intended to be for a temporary period.
- 5 The author was rumoured to be staying at this hotel.
- 6 An Englishman was claimed to have developed the invention, but it was in fact an American.

Reported speech basic rules

When we report what people said, we usually:

- move the original verb '**one tense back**', except for the Past Perfect and modal verbs (see below for when we do not do this).
- change pronouns as necessary:

'I've found **you** a new bag.'

He told me (that) he had found **me** a new bag.

Direct Speech	Reported Speech
"I <u>want</u> a holiday" Present simple	She told me she <u>wanted</u> a holiday. Past simple
"Bob <u>is annoying</u> me." Present continuous	Jane said Bob <u>was annoying</u> her. Past continuous
"I <u>have eaten</u> too much." Present perfect simple	He said he <u>had eaten</u> too much Past perfect simple
"The class <u>has been</u> interesting." Present perfect continuous	Anne said the class <u>had been</u> interesting. Past perfect continuous
"I <u>saw</u> her arrive." Past simple	He told me he <u>had seen</u> her arrive. Past perfect simple
"The team <u>were playing</u> well." Past continuous	John said the team <u>had been playing</u> well. Past perfect continuous
"I <u>had arrived</u> before 9 am." Past perfect simple	She said that she <u>had arrived</u> before 9 am. No change
"We <u>had been working</u> together for 3 years." Past perfect continuous	Mick told me that they <u>had been working</u> together for 3 years. No change
"I <u>will take</u> you out tonight." Will	He said that he <u>would take</u> me out tonight Would
"I <u>can</u> easily <u>pass</u> the test." Can	She said she <u>could</u> easily <u>pass</u> the test. Could
"You <u>must leave</u> immediately." Must	He told me that I <u>had to leave</u> immediately. Had to
"We <u>may go</u> out later." May	She said they <u>might go</u> out later. Might
"You <u>ought to come</u> at 7 pm." Ought to	He told me I <u>ought to come</u> at 7 pm. No change
"I <u>should have</u> helped you ." Should -might-could-would	He said he <u>should</u> have helped me. No change
"I <u>have to finish</u> this report." Have to + v1/ has to + v1 / had to + v1	She said she <u>had to finish</u> the report had to + v1

Direct	Reported	Direct	Reported
I	he/she	me	him/her
We	They	us	them
you	he / she / they	you	him / her / them
My	his / her	mine	his / hers
Our	Their	ours	theirs
Your	his / her / their	yours	his / hers / theirs

References to time, place and this/that

place: here → there

time: now → then

tomorrow/next week → the following day/week or the next day/week

yesterday/last week → the day/week before

tonight/today/this evening → that night/day/evening

this → that (in time expressions)

Direct	Reported (Indirect)
this + time expressions this year	→ that (in time expressions) That year
this/that + Noun this house that car	→ the + Noun the house the car

1. "We will prepare a presentation about the usage of solar power in the area."

The students said

2. "I am having dinner with my grandparents."

Rashed told me

3. My favourite subject this year is English.

Hussein told me

4. We have to give a talk about the advantages and disadvantages of the Internet next week, so I'll need to prepare it this week.

Ahmad said

Answers:

1. (that) they would prepare

2. (that) he was having dinner with his grandparents.

3. (that) his favourite subject that year was English.

4. (that) they had to give a talk about the advantages and disadvantages of the Internet the following week, so he would need to prepare it that week.

• use ask + (object) + if/whether for yes/no questions. The word order of the question becomes a statement:

“Can you write?”

He **asked** (me) if/whether **I could** write.

• use tell + object + (not) + infinitive to report commands:

-Meet me there tonight,

He **told** me **to meet** him there that night.

-Don't scream,

She **told** her little sister **not to scream**.

• use ask + object + (not) + infinitive to report requests:

-Take the car back to the garage

He **asked me to take** the car back to the garage.

We use reporting verbs like, e.g. **say, tell, ask, reply, answer, enquire, announce, order**.

1 SPEAKING In pairs, discuss what makes you laugh.

2 6.4 Why do you think laughter is contagious? Listen to a podcast interview with the author of The Power of Laughter and check your ideas.



Answers It's thought that our ancestors used to laugh to show other groups that they were friendly – and the others responded.

Reporting verbs and verb patterns SB / Pg.8

3 THINK BACK Choose the correct structures to complete the sentences.

1 The interviewer **congratulated** _____ a prestigious book award.

a Callum on having won b Callum had won

2 The writer **regretted** _____ sooner.

a not doing it b not to do

3 The writer **explained** _____ down to a very old response.

a him that it was b that it was

4 The interviewer **asked** _____ really good for us.

a if was laughter b if laughter was

5 The writer **advised** _____ themselves with those who have a sense of humour.

a people to surround b people surrounding

6 The interviewer **promised** _____ that.

a doing b to do

7 The interviewer **reminded** _____ available.

a that the book was b listeners that the book was

1 a 2 a 3 b 4 b 5 a 6 b 7 b

4 In pairs, study the verb patterns following the underlined reporting verbs in Exercise 3 and decide which verb(s) are followed by:

1 a different word order from a usual question

2 (that) clause

3 object + (that) clause

4 to infinitive

5 object + to infinitive

6 gerund

7 object + preposition + gerund

Answers 1 ask 2 explain 3 remind 4 promise 5 advise 6 regret 7 congratulate

5 Read the sentences and match verb patterns 1–7 from Exercise 4 with the underlined verbs in sentences a–g.

a The interview was great. It really **convinced** me to go out and buy the book.

b The interviewer kept **complimenting** the writer on having received the award.

c He **claimed** that laughter was an early form of communication, but is there any evidence of that?

d The writer **suggested** watching comedy films with other people. I go along with that!

e The interviewer wondered why laughter was contagious.

f The interviewer **informed** the audience that his next guest was a yoga teacher.

g My mother **offered** to buy a copy of the book for me.

a 5 b 7 c 2 d 6 e 1 f 3 g 4

WATCH OUT! S.B Pg. 9

Remember that some verbs follow more than one pattern, sometimes with a change in register, e.g.,

He **suggested** watching a film. (less formal)

He **suggested** (that) we (should) watch a film. (more formal)

6 Study Watch Out! Make these sentences more formal.

1 He suggested putting on a brave face, but it didn't help me.

2 She recommended keeping our chins up.

3 He proposed telling jokes to cheer ourselves up.

4 He requested her to stop grinding her teeth.

Answers

- 1 He suggested (that) I (should) put on a brave face, but it didn't help.
- 2 She recommended (that) we (should) keep our chins up.
- 3 He proposed (that) we (should) tell jokes to cheer ourselves up.
- 4 He requested (that) she (should) stop grinding her teeth.

Impersonal reporting structures

7 Read an article about hospital clowning.

What misconceptions did people have about hospital clowns?

A GOOD LAUGH IS A MIGHTY GOOD THING!

For many people a clown's place is in a circus – for others, it is in a nightmare! However, in recent years clowns have been appearing in hospital wards all over the world on a regular basis – not simply as entertainment for the patients, but as a therapeutic measure. 1It is now believed that specially trained medical clowns can help actively reduce the length of children's hospital stays. 2It was thought that hospital clowning first started in the 1970s, but studies have recently suggested that the first clowns were working with children as far back as the early twentieth century. 3Clowning was originally assumed to help children by distracting them from the starkness of the clinical hospital wards, which could be very frightening places. However, 4the benefits of clowning are now thought not to have been fully understood at that time. Recent studies have shown that interacting with clowns can actually reduce the amount of some medication the children are taking and speed up recovery times after surgery.

Answers

They thought the hospital clowning started at a later date and had not understood the depth of the benefits.

8 Read the underlined sentences in the text and decide which ones express these ideas:

- a past belief about something in the past
- b present belief about something that happened in the past
- c past belief about something that is always true
- d present belief about something that happens in the present



a 2 b 4 c 3 d 1

10 REFLECT | Society

A comedian once said that laughter never failed to awe him with its ability to connect people. Can you think of social benefits of laughter? Give examples.

**LESSON 3B GRAMMAR [WB Pg.6]****Reporting verbs and verb patterns, impersonal reporting structures****1 Choose the correct words to complete the sentences.**

- 1 He explained to the assistant that **he had/ having** bought the computer only two weeks previously.
- 2 I complimented Mustafa **that he gave / on giving** such an excellent acceptance speech at the ceremony.
- 3 The manager offered **to give / giving** Kamal a full-time job in the sales department.
- 4 I immediately regretted **to send / sending** the email because I hadn't checked it for errors.
- 5 Doctors claim **laughter being / that laughter** is extremely good for reducing blood pressure.
- 6 The article generally discourages people **from constantly suppressing / to constantly suppress** their emotions.

Answers

1 he had 2 on giving 3 to give 4 sending 5 that laughter is 6 from constantly suppressing

2 Complete the sentences with the correct forms of the words in brackets.

- 1 My little brother blamed **me for breaking**(me/break) his favourite toy, so I bought him a new one.
- 2 I really regret _____ (not work) harder when I was first studying English.
- 3 My brother claimed _____ (he/complete) his homework, but that he accidentally left it on the bus.
- 4 When I offered _____ (cook/dinner) that evening, my mother was delighted.
- 5 I wondered _____ (who/be next/give) their presentation in English class.
- 6 Have you suggested _____ (Sana/try/stop/grind) her teeth?

Answers

- 2 not working 3 that he had completed 4 to cook dinner
5 who would be next to give 6 that Sana tries to stop grinding

USE OF ENGLISH WB /Pg.7

3 Complete the email with one word in each gap.

Hi Paige,

If you're still working on that project about comedy, I really advise you ¹to read up about World Laughter Day!

² _____ is said that the first World Laughter Day took place in India in 1998, where 12,000 people are claimed to ³ _____ come together for a day of laughter sessions. We know that laughing is supposed ⁴ _____ have all sorts of benefits for our health, but this gathering really tops everything! These enormous groups of people ⁵ _____ believed to spend hours marching, laughing and then marching again. Sounds great fun to me! My sister Ashley suggested ⁶ _____ the next gathering, which will be on the first Sunday in May. She's always complaining about ⁷ _____ getting the giggles, so perhaps if it's an official 'giggle' day, she won't moan and will join in! She asked me ⁸ _____ you'd like to come, too. So, how about it? Good luck with the project. Miss Dean is rumoured to ⁹ _____ chasing everyone about our handing in projects late. Lola admitted ¹⁰ _____ behind with hers, but mine should be ready on time.

Speak soon,
Grace

Answers 2 It 3 have 4 to 5 are 6 going 7 me 8 if 9 be 10 being

EX. 9 Write a short email to a friend about an interesting interview you have seen recently, reporting what was said and by whom.



LISTENING AND VOCABULARY

English – English حفظ

#	Definition	words	Arabic
1	a substance that is naturally present in the Earth and is important for health	mineral	معادن
2	be healthy, successful or growing in a particular situation	thrive	يزدهر / ينمو بنجاح
3	bacteria or a virus in a particular part of the body	infection	عدوى
4	being enough for a particular situation	sufficient	كافٍ / كافية
5	a situation where there is no protection from something that is harmful	exposure	تعرض
6	something which removes harmful or unpleasant elements from air or water	filter	فلتر / مصفاة
7	give a plant, animal or human what it needs to be healthy and survive	nourish	يغذي / يمد بالغذاء

1 Write the words from the box next to the correct definitions.

exposure	filter	infection	mineral	nourish	sufficient	thrive
----------	--------	-----------	---------	---------	------------	--------

1 a substance that is naturally present in the Earth and is important for health.....

2 be healthy, successful or growing in a particular situation.....

3 bacteria or a virus in a particular part of the body.....

4 being enough for a particular situation.....

5 a situation where there is no protection from something that is harmful.....

6 something which removes harmful or unpleasant elements from air or water

7 give a plant, animal or human what it needs to be healthy and survive

Answers

1 mineral 2 thrive 3 infection 4 sufficient 5 exposure 6 filter 7 nourish

2 Put the words from Exercise 1 into three categories:

Nouns	Adjectives	Verbs

Answers

nouns = mineral, infection, exposure, filter;

adjectives = sufficient;

verbs = thrive, nourish

3 Complete the sentences with the correct word.

sufficient – nourishes - minerals - exposure - thriving - infections - filter

- 1 My daughters are both really _____ at university. They love their subjects and are making lots of new friends.
- 2 Whenever I get throat _____, I always use salt dissolved in water to help them to heal.
- 3 I bought this new electric kettle which has a special _____ on it to make the water even cleaner.
- 4 When I go hiking, I always take at least a litre of water with me as I find anything less just isn't _____.
- 5 I always put moisturising lotion on my face every day because it _____ my skin and stops me from looking tired.
- 6 The water in this area is very clean and full of _____, which has a lot of health benefits.
- 7 Wearing a large hat on the beach can protect yourself from too much _____ to the sun.

Answers

1 thriving 2 infections 3 filter 4 sufficient 5 nourishes 6 minerals 7 exposure

4 SPEAKING In pairs, discuss these questions.

- 1 Where can you get an infection? Where have you had an infection?
- 2 In what situations do you thrive?
- 3 How much food is sufficient for you to eat in a day?

Answers

- 1 Possible answers: mouth, throat, eyes, ears, skin, nails, in your body**
- 2 Students' own answers**
- 3 Students' own answers**

5 6.5 Listen to two girls talking about the Dead Sea on a podcast.

Make notes on what these numbers mean.

- 1) 9.6
- 2) 439
- 3) 10–15

**Answers**

- 1 The number of times the Dead Sea is saltier than the regular ocean**
- 2 The number of metres the Dead Sea surface is below sea level**
- 3 The amount of time in minutes you should spend in the Dead Sea**

6 6.5 Listen again. Complete the notes with no more than three words from the podcast.

- 1 It was named the Dead Sea as the large concentration of salt minerals means that natural life _____.
- 2 The air in the area benefits from the fact that it's not close to any _____.
- 3 The atmosphere is different in the Dead Sea, as it is the _____ place in the world.
- 4 While there is natural protection from the sun's rays, you'll still need sun cream or another form of _____.
- 5 When used on your skin, _____, Dead Sea salt can bring great benefits.
- 6 Due to the saltiness, the best way to swim in the Dead Sea is _____.
- 7 After putting mud from the Dead Sea on your skin, it should feel _____.

Answers

- 1 can't thrive 2 industrial areas 3 lowest 4 skin protection
5 hair and nails 6 on your back 7 soft and silky

7 In pairs, discuss the following questions.

- 1 Would you want to go on a holiday which was focused on health and relaxation? Why/Why not?
2 What other places in the world could you go to where you could focus on health and relaxation in a natural setting? How are they different from the Dead Sea?
3 What do you think are the positives and negatives with encouraging tourism to the Dead Sea?

Answers

1 Students' own answers

2 Possible answers: There are a variety of spas around the world which focus on the natural benefits of the location, such as mountains, beaches and rainforests. For example, in Finland, saunas are very popular and are often placed next to a body of cold water. There are health benefits from heating up in the sauna and then plunging into cold water.

3 Possible answers: Positives – it brings tourism to the region and allows locals to set up businesses that stimulate the economy and bring jobs. It encourages people to learn about the area. Negatives – The Dead Sea is shrinking and the resources that it has are finite. Tourism, as in other places, should be sustainable so as not to have a negative impact on the region.

LISTENING AND VOCABULARY [WB / Pg.8]**1 6.6 Listen to an expert talk about an animal documentary series.****What is the documentary series about?**

- a how humans communicate with animals
b the hearing abilities of animals
c the effect of music on animals



b

2 6.6 Listen again and choose the correct answers.**1 Issa mentions cats to:**

- a explain how his interest in animal hearing began.
b compare the abilities of animals.
c illustrate how a pet knows about an owner's return.

2 Issa refers to 'a rumble of thunder' because he wants to:

- a describe clearly what an elephant might hear.
b point out that elephants need to follow rainclouds to access water.
c explain that elephants do not only depend on their ears for sound information.

3 Bats are similar to elephants in that they:

- a communicate with one another.
b travel great distances.
c get 'hearing' information from different sources.

4 What does Issa say about shipping and whales?

- a The main problem for whales is physical damage by the propellers.
- b More research needs to be carried out into the impact of noise pollution.
- c Ships cause noise pollution that harms whales.

5 At the end of the interview, both speakers agree that:

- a considering the hearing of animals in general, ours is relatively limited.
- b some reptiles have worse hearing than humans.
- c everyone can learn something from the series.

1 b 2 a 3 c 4 c 5 a

ACTIVE PRONUNCIATION | RHYTHM

In English, we speed up or slow our pronunciation so that it fits into the correct rhythm. To achieve the right rhythm, we need to use syllable stress correctly. With adverb + adjective/verb collocations, there is usually one main syllable stress and one secondary.

Pronunciation

3 6.7 Read Active Pronunciation. Then, read some extracts from the interview in Exercise 1. Find the stressed syllables in the collocations in bold. Listen and check. Then practise saying the sentences.



- 1 We **fully appreciate** how busy you are.
- 2 I **freely admit** that my knowledge about such things is limited.
- 3 It's **anecdotally reported** that they can't see.
- 4 We are all **fully aware** of how it can affect our lives...
- 5 ... they don't **solely depend** on their ears for hearing ...
- 6 ... we **closely examine** these claims ...

Answers

- 1 **fully** appreciate (2 and 4 syllables)
- 2 **freely** admit (2 and 2 syllables)
- 3 **anecdotally** reported (5 and 3 syllables)
- 4 **fully** aware (2 and 2 syllables)
- 5 **solely** depend (2 and 2 syllables)
- 6 **closely** examine (2 and 3 syllables)



Derivation

★ Noun suffixes

Suffix	Examples	Suffix	Examples
-ion	obstruction, suspension, expression	-ness	weakness, goodness
-ment	government, improvement	-ship	relationship, friendship
-ism	optimism, mechanism	-nce	appearance, defence
-ty	activity, reality	-dom	Freedom
-age	marriage, package	-hood	Childhood
-sis	analysis, emphasis	-ice	practice, notice
-er/-or/-ist	sailor, voyager, artist	-ian	musician, librarian
-ent	assistant, president	-ure	pressure, culture

★ Adjective suffixes

Suffix	Examples	Suffix	Examples
-ble	habitable, horrible	-ed	exhausted, relaxed
-ic	artistic, ecstatic	-ive	active, productive
-ful	Useful	-less	Useless
-ous	generous, nervous	-ory/-y	contradictory, chatty
-ly	curly, likely, friendly		

-ing (n) meaning, revising

-al (n) proposal

-ant (n) assistant

-ing (adj) interesting, amazing

-al (adj) informal, social

-ant (adj) important

★ Adverb suffixes

Suffix	Examples
-ly	effectively, probably

★ Verb suffixes

Suffix	Examples	Suffix	Examples
-ate	complicate, congratulate	-ise/-ize	victimise, realise
-ify	clarify, identify	-en	Shorten
-ute	Commute		

1. Verbs are usually used after the following:

A) The subject :

- People react / reaction in different ways.

B) (do, does, did) , modal verbs (will, would, shall, should, can, could, may, might, must)

- In what ways does she beautiful / beautify her home?

- Arabs should negotiate / negotiable to solve the problem.

C) to : - The company plans to create / creation more job opportunities in the local area.

2. Adverbs are usually used:

A) At the beginning of the sentence followed by comma:

- Strongly / Strength, I believe that the team can achieve its goals if we work together.

B) Before the main verb:

- She has creatively / create solved the problem.

C) Before an adjective:

- She became quickness / quickly tired after the long run.

E) At the end of the sentence:

- The baby laughed beauty / beautifully.

3. Nouns are usually used:

A) After the following:

1) Adjectives:

- You could offer a viable solve / solution.

2) a, an, the ما في اسم

- It led to the destruction / destruct of the city.

3) Prepositions: (in, on, at, about ...)

- They talked about happy / happiness.

4) (all, some, few, a lot, many, little ...)

- All directions / direct were closed in front of us.

5) (this, that, these, those)

- These organisations / organised are legal.

6) (my, his, their, our, ... Amer's , ...)

- His decide / decision was so aggressive.

7) (one, two, three ... first, second, third ...)

- It took 25 minutes to complete one calculation / calculate.

B) At the beginning of the sentence as a subject before the verb or after the verb as an object:

- Education / Educate is compulsory in Jordan.

- We should encourage invest / investment.

4. Adjectives are usually used:

A) the / an / a _____ N

The educational / education system in Jordan is successful.

B) Before nouns:

- Intensive / Intense farming needs more supply of water.

C) (so , very , quite , too , a bit , rather , extremely , absolutely ...)

- It is very important / importance to stay calm.

D) After these verbs : (look , feel , become , taste , appear , get , seem , smell , grow)

- My garden looks beautiful / beautifully.

E) After adverbs :

- The solution was completely difference / different.

F) After the most / the least :

- It is the most amazement / amazing task I have ever done.

G) more / lessAdj..... than

*** is /am/ are / was/ were / been (not) _____ Adj _____ Adjective مافي
is /am/ are / was/ were / been (not) _____ Adv _____ Verv / Adjective

* The prices of certain items are not **negotiablely / negotiable** in some shops.

* The recycling project has been **successful / successfully** carried out in my school.



Choose the correct answer.

THE DEATH OF THE PRINT MEDIA? زوال وسائل الإعلام المطبوعة؟

By the year 2000, online news sites had begun to spread, although the vast **1 (major / majority)** of people still read their news in a traditional print newspaper. Soon after, many people switched to online news sites because of rapid **2 (improve / improvements)** in mobile Internet technology and the digital media itself. Many employees of print media **3 (organisation / organise)** lost their jobs due to the widespread closures of local and regional press offices. In order to survive, the national daily print newspapers took the opportunity to develop digital media alternatives. **4 (Clear / Clearly)**, this strategy worked as it pleased both readers who preferred print and the new online readership. However, and perhaps **5 (unbelievable / unbelievably)**, not only are the big printed dailies still here, but they are still the preferred form for people to get news. In the UK, 25% of adults still read a printed newspaper. So, we can perhaps conclude that digital media isn't simply a **6 (replace / replacement)** for old-fashioned print media, but rather a compliment. Anyway, surely it is the **7 (free / freedom)** of the press that matters, rather than the way information is presented to us?

Answers: 1 majority 2 improvement(s) 3 organisations 4 Clearly
5 unbelievably 6 replacement 7 freedom

Noun : (n)	Adjective : (adj)	Verb : (v)	Adverb : (adv)
happiness	happy	-	happily
creation	creative	create	creatively
quickness	quick	-	quickly
strength	strong	Strengthen	strongly
beauty	beautiful	Beautify	beautifully

Extra

1. Sorry, we're having technical problems and are **current / currently** working on a solution.
2. She finds it difficult to strike up a **conversation / conserve** with somebody she doesn't know.
3. I don't think I made a **favourable / favour** impression in the interview.
4. When Rola learnt that the new baby was healthy, it was a **weigh / weight** off her mind.
5. Amina was **devastated / devastate** when her cat died.

Extra



Choose the correct answer.

Dear Sir/Madam,

I am writing with regard to the ¹pressing problem of single-use non-biodegradable plastics your restaurant uses. The takeaway boxes that stay in your customers' hands for ten minutes could be in the ocean forever, so they ²contribute / contribution to the problem of plastic waste. As the majority of your clients probably won't check if the box is recyclable before throwing it in the bin, I believe, it is your company's responsibility to ³tackle / tackled this fundamental problem and make a significant change to your packaging. I would be grateful if you could offer a ⁴viably / viable solution as it is a matter of ⁵urgent / urgency.

Yours faithfully,

Samar Jarrah

2. contribute 3. tackle 4. viable 5. urgency

Extra



Choose the correct answer.

When Mark Zuckerberg and his friends founded a social media company in 2004, they would not expect that the service would have over two billion. **1** (Dedicate / Dedicated) users 15 years later. Nearly 90% of social media users check the app every day. **2** (Oddly / Odd) enough, it is not the youngest generations, such as the Millennials or Generation Z that are the most addicted to it. Baby Boomers (those over 60) check it slightly more often. The main reason is that for older users the app is the only social network they feel confident to navigate. However, it seems that this app is slowly becoming passé so the young find other more recent social media apps more interesting because those platforms are more **3** (trust / trustworthy). **4** (Unlike / Like) the older app, the newer apps don't force their users to look at everybody's information. Also, they allow you to communicate through images and pictures rather than words, which the young find more economical. What's more, the youngest generation of social media users have a real sense of **5** (belong / belonging) while on these apps. Through its closed groups and temporary sharing, it provides them with a feeling of **6** (secure / security) and relative privacy. **7** (apparently / apparent), Baby Boomers and Gen X do not realise what they are missing.

Answers:

1. dedicated

2. oddly

3. trustworthy

4. Unlike

5. belonging

6. security

7. Apparently

★★★ Choose the correct answer.

- 1 The government is taking action to reduce industrial **(emit / emissions)**
- 2 When I saw my brother last night, he was in a **(contemplative / contemplate)** mood.
- 3 My mother works as an educational **(psyche / psychologist)** for a group of schools.
- 4 I'm afraid I can't stay long as I have another **(engagement / engage)** in about an hour.

Answers 1 emissions (n) 2 contemplative (adj.) 3 psychologist (n) 4 engagement (n)

★★★ Complete the sentences with the correct words formed from the words in bold.

1. Fruit and nuts are much better sources of **(nourishment / nourish)** than eating sweets.
2. If you get a cold, you should stay away from others and they are often quite **(infection / infectious)** and you don't want to make other people ill.
3. When cooking meat, always make sure it's cooked **(sufficiently / sufficient)**, otherwise you can give people food poisoning.
4. The grass and leaves in this part of the river act as a natural **(filter / filtration)** system and keep the water clean further downstream.
5. The newspaper published a shocking **(exposure / exposé)** about how the corporation had been polluting the local water supply as a way of saving money.
6. It used to be quite a dirty area, but after they planted trees and protected it, it's now a **(thriving / thrive)** nature reserve full of different animals.
7. Next, the water goes through a process of **(mineral / demineralisation)** in order to remove the salts and make it ready for consumption.

Answers

1 nourishment 2 infectious 3 sufficiently 4 filtration 5 exposé 6 thriving 7 demineralisation

SPEAKING SB / Pg.11

1 Life is said to be getting more and more stressful for people. How far would you agree? Say why. Think about the different age groups in the box.

adolescents	children	middle-aged people
parents	retired and elderly	young adults

Suggested Answer:

I think life is becoming more stressful for most people. Children and teenagers feel pressure from school and social media. Young adults worry about finding a job and paying for life. Parents and middle-aged people are stressed because they must balance work, money, and family. Even elderly people feel stress from health problems and loneliness. So overall, I agree that life is getting more stressful for everyone, just in different ways.

2 Read the web article and discuss your answers to the final two questions in the text.

STRESS-BUSTERS

So, it's official! According to a recent survey of people of all ages and from various backgrounds, a whopping 85 percent admitted to experiencing stress on a regular basis. It's clear that everyone gets stressed by any number of things – minor or major. The survey indicated that only the most optimistic of us will remain unaffected by the stress caused by things such as travelling, using technology, working, money, friendships, studying, etc. We want your comments. Have you got any pointers on how to prevent your inner self from raging? Any stress-busters you'd suggest that can help distract us from feeling stressed out?

Suggested Answer:

- Breathe slowly (inhale 4, exhale 6) -Take a 1-minute break
- Count to 10 -Walk or move -Talk to someone

3 6.8 Listen to a student doing a street survey about stressbusting activities and answer the questions.



- 1 Which activities do the people mention?
- 2 What reasons do they give for and against doing these activities?
- 3 Which person do you think you are most similar to? Say why.

Answers

- 1 jigsaw puzzles, exercise, running, stretching, lifting weights, painting, video games
- 2 for: therapeutic, get blood pumping, stress filters away, focus on breathing, movement, posture, sweat out the stress, paint your stress away against: dismiss as a waste of time, get bored, risk injury
- 3 Students' own answers

4 6.8 Study the Speaking box. Then listen again and complete the phrases in the Speaking box with one word in each gap. Decide if the phrases are **positive (P)** or **negative (N)**. Which phrases can be used for more formal evaluation?

SPEAKING | EVALUATING IDEAS SB Pg. 11

(N) There's a lot to be 1 said for ...	هناك الكثير مما يُقال في صالح...
(N) That's all very well, but what if ...	كل هذا جيد جداً، لكن ماذا لو...
(N) It sounds a pretty half-baked theory to me.	يبدو لي أنها نظرية غير مدروسة جيداً
(P) It has a lot 2 going for it.	لها الكثير من المميزات
(N) I don't think they've thought this through.	لا أظن أنهم درسوا هذا الأمر جيداً
(P) I think this idea has legs.	أعتقد أن هذه الفكرة قابلة للتطبيق/لها مستقبل
(P) It doesn't go 3 far enough.	هذا لا يصل إلى الحد الكافي
(P) It sounds good 4 in theory.	يبدو جيداً من الناحية النظرية
(N) It's a perfectly reasonable idea, but ...	إنها فكرة معقولة تماماً، لكن...
(N) I take issue with some of the claims, namely ...	أعترض على بعض الادعاءات، وهي/تحديداً...

5 6.9 PRONUNCIATION When we have reservations about something, we use **falling intonation** on the last word(s) of the first clause and then pause slightly before continuing.



Listen and repeat the sentences.

- 1 It sounds good in theory, but in practice I can't see it working.
- 2 The idea has a lot going for it, but there are too many negatives for me.
- 3 It's a perfectly reasonable idea, but I don't think anyone will accept it.
- 4 It sounds a pretty half-baked theory to me, but I imagine a lot of people will go for it.

6 In pairs, think of **stress-busting** ideas. Then work with another pair and discuss them, using the phrases from the Speaking box.

7 REFLECT | SOCIETY Do you think there are occasions when talking about stress helps sufferers, or is it always better to do activities to distract yourself from it? Say why.

هل تعتقد أن هناك مواقف يكون فيها الحديث عن التوتر مفيداً لمن يعانون منه، أم أنه من الأفضل دائماً القيام بأنشطة تلهي الشخص عنه؟ وضح السبب.

Suggested Answer:

I think talking about stress can help because it makes people feel supported. However, doing activities can also help distract the mind. In my opinion, a mix of both is best.

WRITING AND VOCABULARY | AN ARTICLE SB / PG.12

1 SPEAKING In pairs, look at the photos on the opposite page and answer the questions.

- 1 What do you think the people in the photos are doing? Why?
- 2 What do you think the benefits of these activities might be?

Suggested answers

- 1 The people in the photos are practising forest bathing with a focus on reconnecting with nature and using the senses to fully engage with their surroundings (hearing, smelling, touching).
- 2 The benefits are reportedly improved mood and mental health, decreased blood pressure and stress and an increased ability to fight sickness and disease.

2 Quickly read the article on page 13 and decide on the best title A–D.

- A Three ways to fight stress B Bathing – without getting wet
C The beautiful forests of Japan D Nature – why we need it

Answers

B: The text mentions aspects of all of the other titles, but the subject of the article is about forest bathing and all of the paragraphs relate to that.

3 Read the article again and match the headings below to paragraphs A–D. There are two extra headings.

1 Sensory engagement	التفاعل عبر الحواس	2 Blossoming benefits	فوائد متزايدة
3 Not a minute's peace	دون لحظة هدوء	4 Environmental protections	الحماية البيئية
5 Eastern origins	أصول شرقية	6 Family activities	أنشطة عائلية

Answers 1 C 2 D 3 A 5 B

WRITING | AN ARTICLE**Writing box**

- Give your article a/an 1 **intriguing** **مشوق / مثير للاهتمام** title to interest the reader.
- 2 **Engage** the reader immediately with an interesting opening sentence.
- Speak 3 **directly** him/her.
- Organise your article by dividing it into clear 4 **paragraphs** other.
- Use 5 **complex** to the reader to involve which connect to each sentences which use a range of different structures and linking devices.
- Use sentences which 6 **vary** in length.
- Conclude with a 7 **memorable** ending, such as a question or personal comment.
- Understand who your audience is and use an 8 **appropriate** style for them.

5 In pairs, find examples of the advice from the Writing box in the article for the first seven bullet points. Who do you think the target audience for this article would be?

Answers

1 Bathing – without getting wet

2 People! Traffic! Texts! Work!

3 Suggested: Modern life can be so stressful, can't it?

4 Paragraphs A–D, each with a different topic.

5 Suggested: He was party to the findings of several studies which had shown that the compounds and essential oils which trees naturally emit had very positive effects on human health. With this in mind, Akiyama used his position to get the practice of shinrin yoku officially recognised, thereby increasing the value of the nation's forests within the nation's psyche.

6 Suggested: This is so you can contemplate, relax and slow your heart rate. Focus on engaging your senses: listen to bird song, inhale the fresh air and smells which surround you.

7 So, why not try spending an afternoon quietly walking through a forest? Alternatively, perhaps you could simply slip off your shoes and walk barefoot on the grass for a while? Target audience: young people and adults looking to learn and find new ways to relax

#	Definition	word	Arabic
1	completely occupied with an activity	immerse (v)	ينغمس / يغمر في
2	think deeply about something	contemplate (v)	يتأمل / يفكر بعمق
3	a period where everything changes	revolution (n)	ثورة / تغيير جذري
4	attitudes and feelings about something	psyche (n)	النفس / العقل الباطن
5	begin to use something	engage (v)	يشارك / ينخرط في
6	a large amount of something	abundance (n)	وفرة / كثير
7	to produce something such as gas, light or sound	emit (v)	ينبعث / يصدر
8	the encouragement of something to make it develop or be more active	stimulation (n)	تحفيز / تنشيط

6 Write the highlighted vocabulary in the article next to the correct definitions.

- 1 completely occupied with an activity _____
- 2 think deeply about something _____
- 3 a period where everything changes _____
- 4 attitudes and feelings about something _____
- 5 begin to use something _____
- 6 a large amount of something _____
- 7 to produce something such as gas, light or sound _____
- 8 the encouragement of something to make it develop or be more active _____

Answers:

- 1 immerse (v) 2 contemplate (v) 3 revolution (n) 4 psyche (n) 5 engage (v)
6 abundance (n) 7 emit (v) 8 stimulation (n)

7 WRITING TASK Read the advertisement. Write an article using the advice from the Writing box. Remember to use a range of vocabulary and check you've used the correct parts of speech.

WANT TO HELP PROMOTE STRESS RELIEF?

As part of our campaign to help people reduce stress and put down their electronic devices, we are looking for articles written for students in other countries about activities in Jordan that can help people relax and improve their health. Tell us where to go, what to do, and how it helps.

A People! Traffic! Texts! Work! Modern life can be so stressful, can't it? Given the relentless pace of life and the ever-present screens that we all rely on for our jobs, studying and entertainment, it can be very difficult to really escape from it all. The situation begs the question: were humans really meant to live with this amount of constant **stimulation**? It's difficult to reasonably conclude that the answer is 'yes'.

B One increasingly popular response to this constant blur of activity is forest bathing, or as it is known in Japan where it originated: shinrin-yoku. The term was coined by Tomohide Akiyama, who was then the Director of the Ministry of Agriculture, Forestry and Fisheries for Japan. He was party to the findings of several studies which had shown that the compounds and essential oils which trees naturally **emit** had very positive effects on human health. With this in mind, Akiyama used his position to get the practice of shinrin-yoku officially recognised, thereby increasing the value of the nation's forests within the nation's **psyche**. Interestingly, this happened during the 1980s when much of the world, and Japan in particular, was on the edge of the technological **revolution** that meant speed of communication, and stress levels, both began to rise. This may explain why forest bathing has become popular in other countries such as the USA, the UK, Finland and South Korea.

C So what exactly do forest bathers do? Firstly, leave your phone and any other gadgets behind. The aim is to completely **immerse** yourself in natural surroundings; it's not a photo shoot or a chance to catch up on your favourite podcasts. Obviously, a forest is ideal, but studies have shown that spending time in a park or any other place with an **abundance** of nature can also yield great results. You'll also want to set aside plenty of time, ideally four to six hours. This is so you can **contemplate**, relax and slow your heart rate. Focus on **engaging** your senses: listen to birdsong, inhale the fresh air and smells which surround you. You can also watch the creatures you see and touch the plant life that you find along your way while ensuring you leave everything as you find it.

D Following time spent forest bathing, practitioners report improved mood and mental health, decreased blood pressure and stress and an increased ability to fight sickness and disease. So, why not try spending an afternoon quietly walking through a forest? Alternatively, perhaps you could simply slip off your shoes and walk barefoot on the grass for a while? Either way, your body and mind will thank you for taking a break from screens and reconnecting with nature.

REVISION

VOCABULARY AND GRAMMAR

1 Choose the correct words to complete the sentences.

1. You really shouldn't **rub** / **furrow** your brow when you're concentrating – you'll get lines!
2. People often **bite** / **grind** their teeth at night and this can cause dental problems.
3. I asked Rob about the exam, but he shrugged / tilted his shoulders and said he had no idea.
4. I used to **purse** / **turn up** my nose when Mum gave me broccoli, but now I really like it.
5. She has this annoying habit of **tenting** / **drumming** her fingers on the desk while waiting for something.

Answers: 1 furrow 2 grind 3 shrugged 4 turn up 5 drumming

2 Complete the body-related idioms with the missing words.

1. I don't know the answer off the top of my _____, but I'll go and find out.
2. Your secret's safe with me – my _____ are sealed!
3. When I asked him to explain the situation, he just folded his _____ and said nothing, which I thought was very rude.
4. I wanted to take part in a painting competition, but then I got cold _____ and didn't enter it.
5. Everyone gets bad results from time to time, so just keep your _____ up and try again.

Answers: 1 head 2 lips 3 arms 4 feet 5 chin

3 Report each sentence starting with He said.

1- 'It certainly wasn't me who left the front door open.'

2- 'Those cartoons you drew were wonderful!'

3- 'I am not sure how accurate these statistics are.'

4- 'By the way, I went to the exhibition when it was in London last year.'

5- 'It's my younger brother's fault because he kept me awake the night before the exam.'

6- 'I really wish I hadn't got cold feet.'

Answers:

- 1 He said it certainly hadn't been him who left/had left the front door open.
- 2 He said that the cartoons he/she/I had drawn were wonderful.
- 3 He said he was not/wasn't sure how accurate the statistics were.
- 4 He said that he had been to the exhibition when it had been in London the previous year.
- 5 He said his younger brother had kept him awake the night before the exam.
- 6 He said he wished he hadn't got cold feet.

USE OF ENGLISH

4 Complete the second sentence using the word in bold so that it means the same as the first one. Use no more than six words, including the word given.

- 1** Laughter therapy has been effective in several studies of people suffering from stress.

REPORTED

Laughter therapy _____ effective in several studies of people suffering from stress.

- 2** 'You have to complete your assignment before the weekend,' the teacher said to me.

INSISTED

The teacher _____ before the weekend.

- 3** Nasser ignored me when I saw him. **SHOULDER**

Nasser _____ when I saw him.

- 4** We received a lot of queries about the new product. **INUNDATED**

We _____ about the new product.

- 5** Many enthusiasts say that face yoga is great for reducing lines. **PRAISED**

Face yoga _____ reduce lines by many enthusiasts.

- 6** I was apprehensive about starting the course. **FILLED**

Starting the new course _____.

Answers:

- | | |
|---------------------------------|---|
| 1 has been reported to be | 2 insisted I complete my assignment |
| 3 gave me the cold shoulder | 4 have been/were inundated with queries |
| 5 is praised for its ability to | 6 filled me with apprehension LISTENING |

LISTENING

5 6 6.10 You are going to hear an interview with a writer about her new book. For questions 1–6, choose the answer A–C which fits best.

1 The studies in Sweden:

- A reinforce the sentiments expressed in the song mentioned.
- B involved volunteers being asked to smile to see how it affected others.
- C included instructions not to smile if at all possible.

2 According to the speaker, smiling:

- A is not necessarily a natural facial expression.
- B happens with the same frequency everywhere.
- C is not always socially acceptable in different societies.



3 Americans and Japanese people might have problems when meeting because:

- A of differences in the importance of making eye contact.
- B they smile at different things.
- C they both misunderstand the other's attitudes to showing emotion.

4 When talking about Lionel Messi's quote, the speaker says that:

- A she often shares it with people.
- B it may not always be accurate.
- C her children are proof that it is true.

5 What did the study in Wales conclude?

- A People who smile more look younger.
- B People who smiled more looked more powerful.
- C People who genuinely smiled more lived longer.

1 A 2 C 3 C 4 B 5 C

SPEAKING

6 In pairs or groups, discuss how useful these things are in reducing students' stress.

- breathing exercises before lessons and exams
- time management lessons
- homework- and test-free weeks

7 In pairs, take it in turns to ask and answer the questions.

- 1 If you get stressed, do you find it useful to talk to other people? Say why.
- 2 Some people say that being a doctor can be a stressful job. How far would you agree? Say why.
- 3 Many people believe that they work better under stress. Why do you think they say this?

WRITING

8 Your class has been discussing how to improve the quality of life for people.

You have made the notes below.

- Free performances at the theatre.
- Organised exercise classes in gyms and guided walks in the countryside.
- Community events such as picnics and sports days.

Some opinions expressed in the discussion:

'People don't always enjoy exercising together.'

'We have to involve as many people and age groups as possible.'

'There's no point in duplicating opportunities that already exist.'

Write an essay discussing two of the ideas in the notes. You should explain which idea would be better to use the money for, giving reasons in support of your answer.

• LIFE SKILLS مهارات الحياة

• Developing resilience

تطوير القدرة على التكيف والصمود

1 In pairs, discuss these questions.

- 1 Which experiences in your life so far have you found the most challenging?
- 2 What difficulties in life do you think you may have to face in the future?
- 3 Who do you know who has faced a very difficult situation and recovered? What did they do?
- 4 What kind of person does someone need to be if they are going to be good at being resilient in the face of personal challenges?

Answers Students' own answers

2 6.11 Listen to part of a presentation about resilience. Is the information they give about what a resilient person is like the same as your ideas?



Answers Students' own answers

3 6.11 Listen again and complete the statements from the recording with 1–3 words in each gap.

1. Following a challenging event, resilient people can choose _____.
2. Resilient people display _____ and know that even the deepest feelings are only temporary.
3. Resilient people know that finding solutions for problems gives them a and helps them to heal.
4. Resilient people encourage community by creating a _____ of family and friends who can give, as well as receive, support.
5. It's also very important to _____ ourselves if we want to be resilient, doing what is needed to help us to recover.
6. After a stressful event, it's important to have _____ about your needs, both with yourself and also with the people around you.

Answers 1 how to react 2 (strong) emotional intelligence 3 sense of control
4 network 5 look after 6 an honest conversation

4 Read about Maha Al-Bargouthi. What challenges did she face in her life?

Suggested answers

Maha Al-Bargouthi was born with polio and developed paraplegia which meant she used a wheelchair for her whole life. She faced discrimination and sports facilities were not built to accommodate her needs.

وُلدت مها البرغوثي مصابة بشلل الأطفال، وتطوّر لديها الشلل النصفي مما جعلها تستخدم الكرسي المتحرك طوال حياتها. واجهت التمييز، ولم تُبنى العديد من المرافق الرياضية لتلبية احتياجاتها.

5 Read the article and decide if the statements are true (T), false (F), or if the information is not given (NG).

1. Maha's paraplegia prevented her from communicating with others. _____
2. When she was growing up, Maha wasn't always treated fairly by other people. _____

3. Maha's parents always came to watch her games. _____
4. The first race that Maha won was in Berlin in 1995. _____
5. Before Maha, no other Jordanian had won a gold medal at the Olympics. _____
6. Maha felt it was very important to believe in yourself. _____

Answers

- 1 F (paraplegia is a condition which affects sufferers' legs)
- 2 T (Maha faced numerous difficulties, including discrimination and sports facilities not catering to her needs)
- 3 NG
- 4 NG
- 5 T (Maha won the first ever gold medal for Jordan at the Paralympic table tennis singles)
- 6 T (The keys to success are ... faith in one's own abilities)

6 In pairs, discuss the strategies in the Life Skills box and if they are shown in Maha's story or not.

English	Arabic
1. Instead of seeing difficulties, see challenges.	1. بدلاً من رؤية الصعوبات، انظر إلى التحديات.
2. Look for actions you can take to make a positive difference.	2. ابحث عن إجراءات يمكنك اتخاذها لإحداث فرق إيجابي.
3. Find people who can help and support you. Be sure to help and support them, too.	3. ابحث عن أشخاص يمكنهم مساعدتك ودعمك. تأكد من مساعدتهم ودعمهم أيضاً.
4. Focus on the things you can do that you have control over. If you can't change a situation, don't spend too much time thinking about it.	4. ركز على الأشياء التي يمكنك القيام بها والتي يمكنك التحكم بها. إذا لم تتمكن من تغيير موقف ما، لا تقض وقتاً طويلاً في التفكير فيه.
5. Find healthy ways to deal with stress, such as exercising, getting plenty of sleep, writing a diary or practising breathing and meditation rituals.	5. ابحث عن طرق صحية للتعامل مع التوتر، مثل ممارسة الرياضة، والحصول على قسط كافٍ من النوم، وكتابة يوميات، أو ممارسة تمارين التنفس والتأمل.
6. Be kind to yourself.	6. كن لطيفاً مع نفسك.

Against the odds

رغم الصعاب



Some people find themselves facing greater difficulties than most of us can imagine and yet still manage to rise above them. Maha Al-Bargouthi was one of those people. Maha was born in 1962 in Amman.

يجد بعض الناس أنفسهم يواجهون صعوبات أكبر مما يمكن لمعظمنا تخيله ومع ذلك ينجحون في التغلب عليها. كانت مها البرغوثي واحدة من هؤلاء الأشخاص. ولدت مها في عام 1962 في عمان.

She was unfortunate enough to have polio at birth, which led to her developing paraplegia, a condition affecting the legs. In the face of such debilitating and unlucky setbacks, she could have been forgiven for choosing to live a quiet life.

كانت محظوظة بما فيه الكفاية لتصاب بشلل الأطفال عند الولادة، مما أدى إلى إصابتها بالشلل النصفي، وهي حالة تؤثر على الساقين. في مواجهة هذه النكسات المعوقة وغير المحظوظة، كان من الممكن أن تُغفر لها إذا اختارت أن تعيش حياة هادئة.

However, Maha did not decide on this and refused to let being a wheelchair-user impose limitations on her.	ومع ذلك، لم تختار مها ذلك ورفضت أن تفرض عليها إعاقتها باستخدام الكرسي المتحرك أي قيود.
From the age of 11, she embraced her love of sport, becoming involved in both athletics and table tennis.	منذ سن الحادية عشرة، اعتنقت حبتها للرياضة وشاركت في ألعاب القوى وتتنس الطاولة.
It wasn't the easiest option. Maha faced numerous difficulties, including discrimination and sports facilities not catering to her needs.	لم يكن ذلك الخيار الأسهل. واجهت مها العديد من الصعوبات، بما في ذلك التمييز وعدم تلبية مرافق الرياضة لاحتياجاتها.
Yet her strong will refused to bow to the opinions of others, and she saw these obstacles just as rungs on the ladder to her success.	ومع ذلك، رفضت إرادتها القوية الانحناء أمام آراء الآخرين، ورأت هذه العقبات كدرجات على سلم نجاحها.

Key to Maha's attitude were her parents, who she credited with giving her invaluable support and being her biggest fans. As she was growing up, they treated her in a way that made her feel no different from her classmates, which fuelled her confidence and self-reliance.	مفتاح موقف مها كان والديها، اللذين نسبت لهما دعمًا لا يقدر بثمن وكانا أكبر مشجعيها. أثناء نموها، عاملوها بطريقة جعلتها تشعر أنها لا تختلف عن زملائها في الصف، مما عزز ثقتها بنفسها واعتمادها على نفسها.
Later as an athlete, Maha didn't see herself as disabled at all and openly rejected sympathetic comments from others regarding her disabilities. As she said in an interview: 'I want to achieve and win more medals. I don't want sympathy.' Her hard work and determination paid off at the Berlin Special Olympics in 1995.	لاحقًا، كرياضية، لم تر مها نفسها على أنها معاقة على الإطلاق ورفضت بصراحة التعليقات المتعاطفة من الآخرين بشأن إعاقتها. كما قالت في مقابلة: "أريد أن أنجز وأفوز بمزيد من الميداليات. لا أريد التعاطف." أثمرت جهودها وعزيمتها في الألعاب الأولمبية الخاصة في برلين عام 1995.
Her 200-metre wheelchair run both won the race and set a world record with a time of 32.26 seconds. This victory would have been enough for most, but not Maha. She had her heart set on additional goals. Just five years later, in Sydney's Paralympics, Maha won the first ever gold medal for Jordan in para table tennis singles. She later described the enormous pride she felt at raising her country's flag and having the national anthem played for the first time at an Olympic event.	فازت في سباق الكرسي المتحرك لمسافة 200 متر وسجلت رقمًا قياسيًا عالميًا بزمن 32.26 ثانية. كانت هذه الانتصار كافيًا لمعظم الناس، ولكن ليس بالنسبة لمها. كانت عازمة على تحقيق أهداف إضافية. بعد خمس سنوات فقط، في الألعاب البارالمبية في سيدني، فازت مها بأول ميدالية ذهبية للأردن في تنس الطاولة الفردي للمعاقين. وصفت لاحقًا الفخر الكبير الذي شعرت به عند رفع علم بلدها وعزف النشيد الوطني لأول مرة في حدث أولمبي.
She went on to win eight medals at the Paralympics, World Championships, Pan Arab Games, and Asian Championships. This was an incredible feat and proof that Maha would not be hindered by her disability. Her advice: 'Seek out and try to achieve your dream, no matter how difficult it may be.' 'True disability is the neutralisation and frustration of your desire to achieve your goals.' 'The keys to success are perseverance, determination, and faith in one's own abilities.'	وواصلت الفوز بثماني ميداليات في الألعاب البارالمبية، وبطولات العالم، والألعاب العربية، وبطولات آسيا. كان هذا إنجازًا مذهلاً ودليلاً على أن مها لن تتأثر بإعاقة جسدها. نصحتها: "ابحث عن حلمك وحاول تحقيقه، مهما كان صعبًا." "الإعاقة الحقيقية هي تحييد وإحباط رغبتك في تحقيق أهدافك." "مفاتيح النجاح هي المثابرة، والعزيمة، والإيمان بقدراتك الخاصة."

THE END OF UNIT SIX