## **ENGLISH**

Chapter 19 Session A

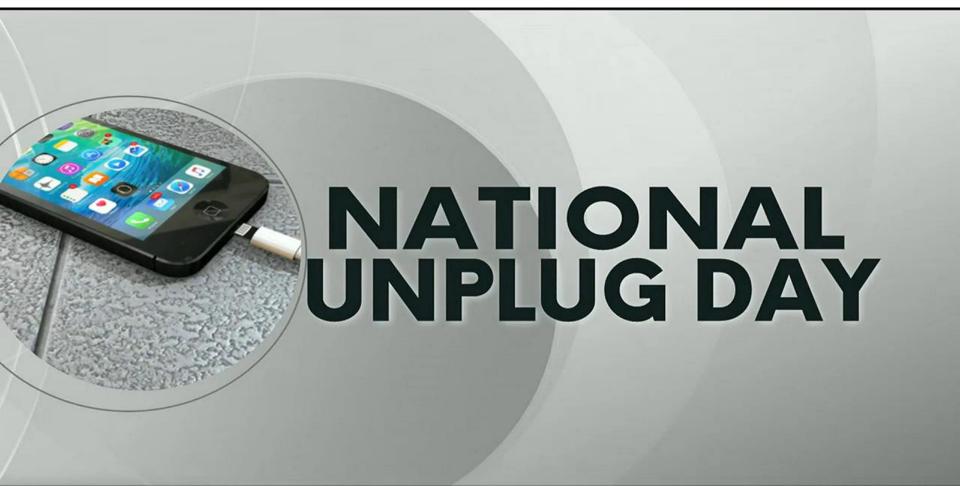


**CHALLENGES** 





### **HELICOMOTIVATION**





# Going unplugged

**WDYT?** 

(What do you think?)

Could you unplug for a day, a week, a month or even longer?

#### Lifestyle



Work in pairs. Which of the adjectives in exercise 1 would you use to describe your lifestyle? Can you think of any more to describe it?

I think I lead a fairly conventional lifestyle because...

I wish I were more physically active, but...

#### Chilling out, getting active

Check the meaning of the words in bold in the texts. Complete the diagram with the words in the texts and the box.

be energetic and lively calm down disconnect drop out (of) get into (a new activity) sit back and relax take it easy take your mind off (something)

#### Chilling out

take time out calm down take some time out interest (in) sit back and relax take it easy put your feet up

take a breather recharge your batteries

#### Both

take an disconnect drop out (of) get into (a new activity) take your mind off (something)

get involved in Take an interest in

#### Getting active

keep in shape be energetic and lively

strengthen your muscles and bones

sign up for

- Match definitions 1–6 with expressions from exercise 3.
- 1 start enjoying a new activity get into
- 2 stop thinking about something unpleasanttake your mind off
- 3 have a lot of energy and be active be energetic and lively
- 4 take a short rest, normally after exercise take a breather
- 5 to make parts of your body more powerfulstrengthen your muscles and bone
  - 6 rest after being busy so that you're ready to start again muscles and bot rest after being busy so that you're ready

batteries

# Listen to five different people speaking. What new activity has each one taken up? Why?

- 1. Amy: judo helps her keep in shape and it takes her mind off schoolwork.
- 2. Diego: sea kayaking- away to take time out from his hectic daily routine.
- 3. Lianne: Lindy Hop- strengthen leg, feel energetic and lively, calms her down.
- 4. Amil: Wildlife photography- he can sit back and relax, disconnect.
- 5. Ann-Marie: Origami or paper folding- great for taking a breather when studying.

Complete the questions with the expressions in the box.

calm down drop out of keep in shape put your feet up sign up for

- 1 When did you last <u>Sign up for</u> a new activity?
- 2 Have you ever had to **\_\_drop out of**\_\_\_ an activity?
- When you're feeling nervous, what kinds of things do you do to **\_\_calm down**\_\_\_?
- 4 Do you usually **put your feet up** in the evening before doing your homework?
- 5 What activities do you do to keep in shape
- 7 Work in pairs. Ask and answer the questions in exercise 6.

Watch the video. What does Mon miss most about social media?

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8 Watch the video. What does Mon miss

most about social media?

Talking to friends and family, seeing what they're doing and showing what she is doing.



# Work in pairs. Discuss the questions.

- 1 In the end, does Mon think social media has a Both.She thinks it's good and bad.
- 2 Do you think you could do something similar to Mon's challenge? What would you find difficult?