



# Workshop PEL 121

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# LINKS

**Video -1 Link – <https://youtu.be/DLpQfZcb5A0>**

**Video -2 Link – <https://youtu.be/Fc05JLEwG44>**

**Video -3 Link - <https://youtu.be/xMAxqKKkZng>**

**Video -4 Link- <https://youtu.be/mlmNwcdByAs>**

**Video -5 Link- <https://youtu.be/JJ9ikkQqqME>**

**Video -6 Link- [https://youtu.be/O\\_dGB6vVV94](https://youtu.be/O_dGB6vVV94)**

**Workshop - 1**  
**( Listening and Reading Skills based on Video - 1**  
**'Trying to be man enough - Justin Baldoni' )**

**Listening Skills**

**Watch and listen to the dialogue in the video and fill in the blanks**

1. We've got to be the\_\_\_\_\_, the\_\_\_\_\_, the\_\_\_\_\_men that we can be.
2. I was surprised, because most of the men I play ooze\_\_\_\_\_, \_\_\_\_\_and power.
3. And I can tell you right now that it is\_\_\_\_\_trying to be man enough for everyone all the time.
4. As a boy, all I wanted was to be\_\_\_\_\_and liked by the other boys, but that \_\_\_\_\_meant.
5. Meant I had to acquire this almost\_\_\_\_\_view of the\_\_\_\_\_.
6. I either had to reject\_\_\_\_\_any of these qualities or face rejection myself.  
A. personify  
B. include  
C. embodying  
D. Incorporate
7. This is what's being\_\_\_\_\_communicated to hundreds of millions of young boys and girls all over the world, just like it was with me.  
A. subconsciously  
B. latently  
C. unconsciously  
D. consciously

8. But I'm just a guy that woke up after 30 years and realized that I was living in a \_\_\_\_\_.
- A. State of conflict
  - B. State of confusion
  - C. State of confession
  - D. State of isolation
9. But I don't have a desire to fit into the current broken definition of \_\_\_\_\_.
- A. Femininity
  - B. masculinity
  - C. patriarchy
  - D. liberty
10. If we take a real honest look at the scripts that have been \_\_\_\_\_ to us from generation to generation.
- A. Handed over
  - B. Transferred
  - C. exchanged
  - D. passed down

### READING

**Read the transcript for the dialogue and understand what the scene is about.  
Answer the questions that follow**

**JUSTIN:** I understand. Growing up, we tend to challenge each other. We've got to be the toughest, the strongest, the bravest men that we can be. And for many of us, myself included, our identities are wrapped up in whether or not at the end of the day we feel like we're man enough.

But every time I got one of these roles, I was surprised, because most of the men I play ooze machismo, charisma and power, and when I look in the mirror, that's just not how I see myself. But it was how Hollywood saw me, and over time, I noticed a parallel between the roles I would play as a man both on-screen and off.

I've been pretending to be a man that I'm not my entire life. I've been pretending to be strong when I felt weak, confident when I felt insecure and tough when really I was hurting. I think for the most part I've just been kind of putting on a show, but I'm tired of performing. And I can tell you right now that it is exhausting trying to be man enough for everyone all the time. Now -- right?

My brother heard that.

Now, for as long as I can remember, I've been told the kind of man that I should grow up to be. As a boy, all I wanted was to be accepted and liked by the other boys, but that acceptance meant I had to acquire this almost disgusted view of the feminine, and since we were told that feminine is the opposite of masculine, I either had to reject embodying any of these qualities or face rejection myself. This is the script that we've been given. Right? Girls are weak, and boys are strong. This is what's being subconsciously communicated to hundreds of millions of young boys and girls all over the world, just like it was with me.

Well, I came here today to say, as a man that this is wrong, this is toxic, and it has to end. Now, I'm not here to give a history lesson. We likely all know how we got here, OK?

But I'm just a guy that woke up after 30 years and realized that I was living in a state of conflict, conflict with who I feel I am in my core and conflict with who the world tells me as a man I should be.

But I don't have a desire to fit into the current broken definition of masculinity, because I don't just want to be a good man. I want to be a good human. And I believe the only way that can happen is if men learn to not only embrace the qualities that we were told are feminine in ourselves but to be willing to stand up, to champion and learn from the women who embody them.

Now, men -- I am not saying that everything we have learned is toxic. OK? I'm not saying there's anything inherently wrong with you or me, and men, I'm not saying we have to stop being men. But we need balance, right? We need balance, and the only way things will change is if we take a real honest look at the scripts that have been passed down to us from generation to generation and the roles that, as men, we choose to take on in our everyday lives.

### Questions

1. Why do you think that it is exhausting trying to be man enough for everyone all the time?
2. What kind of conflict did Justin face?
3. How can men attain that required balance?
4. What do you think the following words mean?  
i. embrace ii. toxic iii. charisma iv. machismo
5. List the adjectives used for men in the speech.

**Workshop - 2**  
**( Writing and Speaking Skills based on Video - 1**  
**'Trying to be man enough - Justin Baldoni' )**

**Writing Skills**

1. Write a paragraph about a man/woman you know who is an inspiration for you by using different adjectives.
2. Do you also think that a boy should be masculine only?
3. Do you want to be a good human being or a manly being and why?

**Speaking Skills**

1. You are a journalist and you got a chance to interview your inspiration/ role model of life. What are the things that you are inquisitive about and you would like to ask that person? Choose one of your friends for the activity.
2. If you could erase one evil from social structure, which one that would be and why?
3. Do we need a gender-less society or not? Share your views.
4. Is it correct to divide qualities and characteristics on the basis of gender?
5. Suggest some ways to make this world a better place for all.



**Workshop - 3**  
**( Listening and Reading Skills based on Video - 2**  
**'A valuable lesson for a happier life' )**

**Listening skills**

**Watch and listen to the dialogue in the video and fill in the blanks:**

1. We all have this one \_\_\_\_\_ to live.

- A. life
- B. existence
- C. living

2. We have the \_\_\_\_\_ to accomplish anything.

- A. task
- B. ability
- C. goal
- D. aim

3. Now I want you to recognize that this \_\_\_\_\_ represents your life.

- A. bowl
- B. jug
- C. jar
- D. vessel

4. \_\_\_\_\_ are the important things: your family, your friends, your health, and your passions.

- A. Golf balls
- B. Tennis balls
- C. Tough balls
- D. Rubber balls

5. \_\_\_\_\_ are the other important things: your car, your job, your home.

- A. Pebbles
- B. Rocks
- C. Sand
- D. Dust

6. The sand is \_\_\_\_\_ else. It is just the small stuff.
7. Take \_\_\_\_\_ of the golf balls first, the really important things.
8. Now if you put the sand in the jar first, you won't have \_\_\_\_\_ for the pebbles or the golf balls.
9. Pay \_\_\_\_\_ to the things that are critical to your happiness.
10. Set your \_\_\_\_\_, because everything else is just sand.

### Reading Skills

**Read the transcript for the dialogue and understand what the scene is about.**

**Answer the questions that follow**

**Professor:** Good afternoon everyone.

**Students:** Good Afternoon

**Professor:** We all have this one life to live. A fleeting shadow amongst all that exists in this vast universe. We have the ability to accomplish anything, truly anything, if we use our time wisely.

**Professor:** Is this jar full?

**Students:** Yes

**Professor:** Is it full now?

**Students:** Yes

**Professor:** And how about now? Is the jar full now?

**Students:** Yes

**Professor:** Now I want you to recognize that this jar represents your life. Golf balls are the important things: your family, your friends, your health, and your passions. The pebbles are the other important things: your car, your job, your home. The sand is everything else. It is just the small stuff.

**Professor:** Now if you put the sand in the jar first, you won't have room for the pebbles or the golf balls. The same is true in life. If you spend all your energy and your time on the small stuff, you won't have time for all the really important things that matter to you. Pay attention to the things that are critical to your happiness. Take care of the golf balls first, the really important things. Set your priorities, because everything else is just sand.

**Student:** Professor, what does the beer represent?

**Professor:** I'm glad you asked. It goes to show that no matter how full your life may seem to be, there's always room for a couple of beers with a friend.

**Questions:**

1. Suggest an appropriate title for the passage.
2. What would happen if we use our time wisely?
3. Which of them can be a suitable tone of the passage:
  - a) descriptive
  - b) humorous
  - c) demonstrative
  - d) ironic
4. Find out the words in the passage which are synonymous to the given words:
  - a) Fleeting b) Immense

**Workshop - 4**  
**( Writing and Speaking Skills based on Video - 2**  
**'A valuable lesson for a happier life' )**

**Writing Skills**

1. Write a paragraph about your priorities in life and supply a suitable title to it.
2. What kind of life is appropriate to live, share your point of view.
3. Do you agree with the professor? Why?

**Speaking Skills**

1. Start a discussion on priorities of life, let them present their views one by one.
2. As per you what makes life worthy?
3. If you get a chance to delete one thing from your life. What it would be and why?
4. Count one blessing of your life.
5. If you could donate one thing from your life. What it would be and why?

**Workshop - 5**  
**( Listening and Reading Skills based on Video - 3**  
**'I quit social media for a month' )**

**Listening Skills**

**Watch and listen to the dialogue in the video and fill in the blanks**

1. Just needed a break, it was time to \_\_\_\_\_.
2. I realized how often I \_\_\_\_\_ just to see if I have a notification.
3. You're \_\_\_\_\_ getting liked and you come out of it \_\_\_\_\_ thinking I'll get the reward next time.
4. My brain will kind of \_\_\_\_\_ itself, go back to my life \_\_\_\_\_.
5. I inspire other people to do this because as an \_\_\_\_\_ social media user.
6. The first day of my social media \_\_\_\_\_ was a Friday.
7. I spend nine hours a day \_\_\_\_\_ the screen at my job.
8. This experiment has \_\_\_\_\_ my productivity at work
9. I was a \_\_\_\_\_ nightmare. My well-being has improved \_\_\_\_\_.
10. I know a lot of people who will \_\_\_\_\_ scroll instead of just sitting with their thoughts.
11. I would \_\_\_\_\_ you to delete one social media app from your phone.

**Reading Skills**

**Read the transcript for the dialogue and understand what the scene is about.**

**Answer the questions that follow:**

I quit social media for a month so I quit Facebook, Instagram, Snapchat and Twitter. Just needed a break, it was time to cut myself off. I stopped using social media this morning and my brain is going crazy. I realized how often I glance down just to see if I have a notification; when I wake up in the morning, on the way to work, on the train, walking from the train to work sometimes at work. Sorry, When I get home from work, it's constant.

I watched a TED talk by Dr. Cal Newport and he said going on social media is like going to the casino. You're anticipating getting liked and you come out of it go back in thinking I'll get the reward next time, I'll get the reward next time, I'll get the reward nest time and you sit around waiting for a notification to come around so

you can go back.

I think I am probably not the only person in my generation who feels this way. I have friends who use Facebook to promote their music shows and send invites for birthday parties. It's a big part of my social media and that might be something I'm missing. I am hoping with this social media fast that my brain will kind of recalibrate itself, go back to my life pre-social media. I hope to become more focused, more productive, my brain to be little less scattered and all over the place. I really hope I inspire other people to do this because as an avid social media user I'd like to prove that we don't need it.

### **HERE IS HOW IT WENT**

The first day of my social media cleanse was a Friday. So, I was at work and I wasn't-shouldn't have been on my phone anyway. I woke up on Saturday to go to brunch with my friend. She was an hour late and I had nothing to distract myself. Day two, my solution for being social media free was "Let's text every person I know because I am so bored.". And then once I got back to work it got little easier. Coworkers were trying to get me to watch videos on Twitter. Within the first week, I was cured of my addictive thumb swiping and checking my phone.

### **THE VERDICT**

I wake up feeling way more rested. I spend nine hours a day staring at the screen at my job and cutting down on screen time outside of the office has changed my world. I don't have as many headaches, I don't feel tired all the time. It just makes so much sense. As the experiment went on, I started to feel like there were extra hours in the day like I was given this gift of reading time and cooking time and exercise time. I realized that once I'm tired, I just surrender. I just go to bed. It's like whatever. I don't need to sit there and be like: Must stay awake, must consume content. It's like, no! Just go to bed, you freak.

This experiment has revolutionized my productivity at work. If you had checked in with me before this experiment, I would have 30 tabs open doing like random search and tweeting and checking Slack. I was a productivity nightmare. My well-being has improved tenfold. My mind has never been so clear. I feel like I'm learning how to properly communicate in a world without social media. I've been given more time with my thoughts. I know a lot of people who will mind numbingly scroll instead of just sitting with their thoughts and dealing with their emotions and all the things that have happened in their day and their week and their month. We've got to focus on ourselves for a little bit and not every random stranger your

friends with on Facebook. I learned that FOMO isn't real if you don't know what you're missing out on. If there was a party that I missed, I don't know about it so I don't care! I'm not seeing people's Instagram's from it and I'm not seeing people's Snapchat videos and I'm not feeling like I missed out on anything because I'm not seeing it. I would urge you to delete one social media app from your phone. See if you miss it. See if it changes your life. See if you notice how much time you had been spending on that app. I was really scared of quitting social media at first. I thought I would miss out on a ton of things. It actually turned out to be the best choice I've ever made and I really encourage you to do the same.

**EMMA IS STILL HAPPILY OFF SOCIAL MEDIA TO THIS DAY.**

### Questions

- 1.What did Dr. Cal Newport say about using social media?
- 2.What challenges did Emma face in the beginning after deleting the social media apps?
- 3.What did Emma do to overcome her boredom of repeatedly glancing at the phone for notification?
- 4.What do you think the following words mean:
  - a) productivity nightmare. b) Urge c) turned out d) avid
- 5.How was her overall experience after stopped using social media apps?

**Workshop - 6**  
**( Writing and Speaking Skills based on Video - 3**  
**'I quit social media for a month' )**

**Writing Skills**

1. If you are asked to delete one social media app from your phone, then which app would you delete? Write in a paragraph if you miss it.

**Notice points**

- How much time you had been spending on that app?
  - Will you be scared to delete the app?
  - Will it actually turn out to be the best choice?
2. Describe one app without which you cannot live and why?
3. Do you agree with Emma's point of view. Support your answer with reasons.

**Speaking Skills**

A. Think of a question to ask about what your friend has used recently. Use the topics below or your own ideas. Apps/mobile phones computer games the internet social-networking sites

**Ex. How often have you been on Facebook in the last two days?**

**What apps have you been using recently?**

- B. Confess about one app you like the most and one app you hate the most. Why?
- C. Do you think world will be a better place without social media.
- D. Which social media app should be banned and why?
- E. How could we utilize social media for social welfare?



**Workshop - 7**  
**( Listening and Reading Skills based on Video - 4**  
**'Can this massive invention save our oceans?' )**

**Listening Skills**

**Watch and listen to the dialogue in the video and fill in the blanks:**

1. If you close your eyes and \_\_\_\_\_ a bit, you could pretend this 600-metre-long tube is some kind of giant ocean snake. It's not, though.
2. It's being \_\_\_\_\_ to a part of the Pacific Ocean known as the Great Garbage Patch. The water currents here happen to make lots of plastic rubbish drift together, and I mean lots – an area almost the size of \_\_\_\_\_.
3. That was until this guy came along, Boyan Slat. This snake thing was his idea, and it all started when he was still at school. For a school project, he designed a system of \_\_\_\_\_ that would be up to 100 kilometers long. They'd sit in the path of ocean currents, in a V-shape, to \_\_\_\_\_ and \_\_\_\_\_ any floating plastic.
4. A recent study found that Aussies \_\_\_\_\_ more than 9 billion pieces of plastic every year. Unlike paper or cardboard, plastic takes a really, really long time to \_\_\_\_\_.
5. It's aiming to trap some of the \_\_\_\_\_ of plastic that scientists estimate are \_\_\_\_\_ here, while still letting marine life safely swim beneath it.

**Reading Skills**

**Read the transcript for the dialogue and understand what the scene is about.**

**Answer the questions that follow**

If you close your eyes and squint a bit, you could pretend this 600-metre-long tube is some kind of giant ocean snake. It's not, though. It's a device with a very special mission – to catch the ocean's rubbish, or at least some of it. It's being towed out to a part of the Pacific Ocean known as the Great Garbage Patch. The water currents here happen to make lots of plastic rubbish drift together, and I mean lots – an area almost the size of Queensland. Until now, it's been too difficult, too big, and too expensive to do much about it. That was until this guy came along, Boyan Slat. This

snake thing was his idea, and it all started when he was still at school. 'I realized, back in high school, there might be an alternative.' For a school project, he designed a system of floating barriers that would be up to 100 kilometers long. They'd sit in the path of ocean currents, in a V-shape, to capture and funnel any floating plastic. Then these giant towers would suck it all up. 'Instead of going after the plastics, you could simply wait for the plastic to come to you.'

We've spent a lot of time telling you about plastic pollution on BTN. 'Yup, a recent study found that Aussies discard more than 9 billion pieces of plastic every year. Unlike paper or cardboard, plastic takes a really, really long time to break down.' 'I've come to realize that our precious marine life are getting killed by the so-called innocent plastic bag.' But finding solutions hasn't been easy, and with so much plastic already in our oceans killing our marine life, Boyan and his organization, Ocean Cleanup, are hopeful they can tackle the problem, one giant snake at a time.

'I mean, this is pretty incredible. I mean, something that we've been working towards for five years. And just having it seen from the early conceptual sketches to, you know, now the first unit actually going through the Golden Gate and heading to the Garbage Patch is pretty incredible.'

It's aiming to trap some of the 1.8 trillion pieces of plastic that scientists estimate are swirling around here, while still letting marine life safely swim beneath it. It's fitted with solar-powered lights, cameras, sensors and satellite antennas, and the design will make it easy for boats to fish out the collected plastic every few months and transport it to dry land where it will be recycled.

Boyan is now 24, and despite the years of work that have gone into this, he says the system will still get some more tweaks in the coming months. The hope is to take it even further, by letting 60 of these giant snakes loose on the Pacific Ocean by 2020. That's a lot of hungry snakes who surely won't be going hungry. But hopefully they do, at some point.

**Questions:**

**Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.**

- |                              |  |
|------------------------------|--|
| 1.....a current              | a. an object or machine that has been invented for a particular purpose  |
| 2..... to drift              | b. a movement of water (or air or electricity) in a particular direction |
| 3..... to break down         | c. to move slowly, with no control over direction                        |
| 4..... a device              | d. a long object that stops something or someone from going somewhere    |
| 5..... to fish something out | e. to separate into smaller parts  |
| 6..... a barrier             | f. to try to solve a problem   |
| 7..... a tweak               | g. to pull something out of water  |
| 8..... to tackle a problem   | h. a small change to something in order to make it work better           |

**Workshop - 8**  
**( Writing and Speaking Skills based on Video - 4**  
**'Can this massive invention save our oceans?' )**

**Writing Skills**

1. What can we do in our everyday lives to stop plastic pollution?
2. Are we building a healthy planet or just wrapping it in plastic?
3. Did you ever face a situation where you had to stop someone from littering and how?
4. Suggest a few ways to make everyone vigilant about plastic pollution.

**Speaking Skills**

**A. Read predictions 1-6. Do you agree with them? If not, change them so you do. In the future.....**

1. people will stop killing endangered animals and cutting down trees.
2. we will lose some animal or plant species forever.
3. people will discover new wildlife species.
4. pollution will continue to get worse in big cities
5. more areas of my country will become national parks.
6. people will behave in a more environmentally friendly way (recycle more, use public transport more, etc.).

**B. Is it our duty to agitate against plastic pollution? Discuss.**

**C. Don't you feel guilty towards innocent species for polluting their habitat and endangering their lives? Express your feelings.**

**Workshop - 9**  
**( Listening and Reading Skills based on Video - 5**  
**'Rockford' )**

**Listening Skills**

**Watch and listen to the dialogue in the video and fill in the blanks**

1. I did one, you have \_\_\_\_\_ now sir.
2. \_\_\_\_\_ hard work. Did you ask \_\_\_\_\_ to pass you?
3. I \_\_\_\_\_ but he insulted me Sir.
4. A little \_\_\_\_\_ do you want to pass or are you just too talker?
5. Okay we'll find out. Come to \_\_\_\_\_ at 4.00 tomorrow.
6. I'm a total \_\_\_\_\_.
7. Just don't \_\_\_\_\_ failure it's \_\_\_\_\_ little man don't recognize failure...
8. Then there's no failing just treat it as a \_\_\_\_\_ setback a mere hurdle that you're going to jump over.
9. Don't \_\_\_\_\_ Naidu, you have only \_\_\_\_\_. You still have the push-ups and sit-ups.
10. Don't mention it Sir. Don't recognize failure then there is no failing. Beware of the \_\_\_\_\_, \_\_\_\_\_.

**Reading Skills**

**Read the transcript for the dialogue and understand what the scene is about.**

**Answer the questions that follow**

**Johnny Matthew:** I'm Johnny Matthew the new assistant gym teacher.

**Rajesh Naidu:** I'm Rajesh Naidu thank you sir I'm new to school also.

**Johnny Matthew:** Why were you trying to vomit?

**Rajesh Naidu:** I failed the PT test..

**Johnny Matthew:** Oh the same thing happened to me in 1982.

**Rajesh Naidu:** You failed the test also, sir?

**Johnny Matthew:** Could not even do one pull-up.

**Rajesh Naidu:** I did one... you have muscles now sir.

**Johnny Matthew:** Time and hard work. Did you ask coach Velu to pass you?

**Rajesh Naidu:** I tried but he insulted me Sir.

**Johnny Matthew:** A little hot blood... do you want to pass or are you just too talker?

**Rajesh Naidu:** I don't know...

**Johnny Matthew:** Okay we'll find out. Come to my quarters at 4.00 tomorrow.

**Rajesh Naidu:** I'm a total waste.

**Johnny Matthew:** I don't want to hear that.

**Rajesh Naidu:** I have only one-week left and that too there are exams. I should beg coach.

**Johnny Matthew:** Just don't recognize failure, its simple little man. Doesn't recognize failure. Then there's no failing just treat it as a minor setback. A mere hurdle that you're going to jump over.

**Rajesh Naidu:** I've only one week and two pull-ups left.

**Johnny Matthew:** That's my boy... let's go.

**Coach:** Time up... start Naidu. (don't recognize failure)

**Rajesh Naidu:** I won't...

**Coach:** Don't forget Naidu, you have only begun. You still have the push-ups and sit-ups.

**Johnny Matthew:** Hello hero.

**Rajesh Naidu:** Good morning Sir!

**Johnny Matthew:** Morning. Thanks.

**Rajesh Naidu:** Don't mention it Sir. Don't recognize failure then there is no failing. Beware of the dreaded uppercut.

**Johnny Matthew:** You don't need that. I do.

### Questions

1. What happened to Johnny Matthew in 1982?
2. What is the name of the coach?
3. Why did Rajesh say that "I am a total waste?"
4. What is the meaning of "dreaded uppercut" in the transcript?
5. Why did Johnny call Rajesh to his quarter at 4.00 pm?

**Workshop - 10**  
**( Writing and Speaking Skills based on Video - 5**  
**'Rockford' )**

**Writing Skills:**

1. Write an short story from your life when you did not give-up. Use appropriate tenses.
2. Did you meet a teacher like him? Describe the incident.
3. If you get a chance to guide someone not to give-up. How will you do it?

**Speaking Skills**

1. You meet your friend one afternoon and you decide to hang out with your friend at a coffee shop. Make a conversation telling your friend about your present situation and your success story.  
Choose a friend for this activity.
2. Place yourself in the shoes of the coach and give a valuable advice to your student.
3. If you observe a stranger sitting in a depressed mood, will you talk to him and what will you say and why?

**Workshop - 11**  
**( Listening and Reading Skills based on Video - 6**  
**'The Summit' )**

**Listening Skills**

**Watch and listen to the dialogue in the video and fill in the blanks**

1. When everything including gravity is falling on top of you, \_\_\_\_\_ you down.
2. You know it would be easier to head back down, change \_\_\_\_\_, you know you could stop.
3. Every action will not prove beneficial, you've \_\_\_\_\_ it.
4. That light at the end of the tunnel, it can look \_\_\_\_\_ small, but with each step you're making a conscious decision to leave yesterday behind, to seek something better.
5. The sacrifices you've made, it's because you \_\_\_\_\_ more, you expect it out of yourself.
6. Words like "if", "maybe", they're \_\_\_\_\_, they're for the weak.
7. The wrong \_\_\_\_\_, they've made you wiser.
8. It's become an \_\_\_\_\_, you waste no time feeling sorry for yourself, that simply distracts from your goal.
9. Every step builds off the one before it, every breath \_\_\_\_\_ you closer to the summit, you can feel it now.
10. You've given everything for this, leaning on nothing but the \_\_\_\_\_ you have in yourself.

**Reading Skills**

**Read the transcript for the dialogue and understand what the scene is about.**

**Answer the questions that follow**

The ascent, looking up at mountain as you make your way from the bottom. When everything including gravity is falling on top of you, pushing you down. You know it would be easier to head back down, change course, you know you could stop. But there's something better at the top of the mountain, and it's worth the fight  
Not all days are going to feel good, but you know that. Every action will not prove



beneficial, you've lived it. That light at the end of the tunnel, it can look awfully small, but with each step you're making a conscious decision to leave yesterday behind, to seek something better.

You know why you're here, why you've been getting up at 5am, the sacrifices you've made, it's because you wanted more, you expect it out of yourself. Simply getting by isn't for you, it's for someone else. Yeah you feel tired, but it means nothing because at the end of the day, you'll either succeed or you won't, and it won't matter how tired you were. Words like "if", "maybe", they're insignificant, they're for the weak. If you want something, you'll get it or you'll die trying.

The failures along the way, they've made you stronger. The wrong turns, they've made you wiser. Nothing has fallen into your hands, you've taken the world by storm. Yeah, people are going to say that you can't, that you won't, but they're not you, they don't know what you are capable of; they will. Discomfort, pain, you move through it, step by step. All you can think about now is being on top of that mountain. It's become an obsession, you waste no time feeling sorry for yourself, that simply distracts from your goal.

When it hurts the most, you press the hardest, your body does not control your mind, your mind controls your body. The higher you ascend the more momentum you build. Every step builds off the one before it, every breath brings you closer to the summit, you can feel it now. You've given everything for this, leaning on nothing but the faith you have in yourself. The blood, the sweat, the tears, they've allowed you to create your foundation. Now, now it's time to build an empire

**Questions:**

1. Why do you think the person doesn't change the course?
2. What is the conscious decision?
3. Why success and failure at the end of the day don't matter?
4. How can one deal with the opinions of others?
5. Find the synonyms of the given words from the passage,
  - a) Appallingly
  - b) worthless
  - c) infatuation
  - d) base

**Workshop - 12**  
**( Writing and Speaking Skills based on Video - 6**  
**'The Summit' )**

**Writing Skills**

1. Write a paragraph about one of your achievements where it seemed impossible to achieve at first.
2. Suggest a few ways with which you overcome hurdles in your life.
3. While achieving a goal if you find someone in trouble, will you pause to help and why?
4. Are you afraid of failure? Share your fear. Let's see how many of us have a common fear!

**Speaking Skills**

Give students 15 minutes to write on any one topic and call them to share it with the class.