

INGLÊS

***Learning to listen and speak:
estratégias para desenvolver
habilidades auditiva e de fala***

Learning to listen and speak

OBJECTIVES:

- ***Understand the reasons for listening difficulties.***
- ***Learn strategies for listening skills.***
- ***Explore strategies for speaking.***

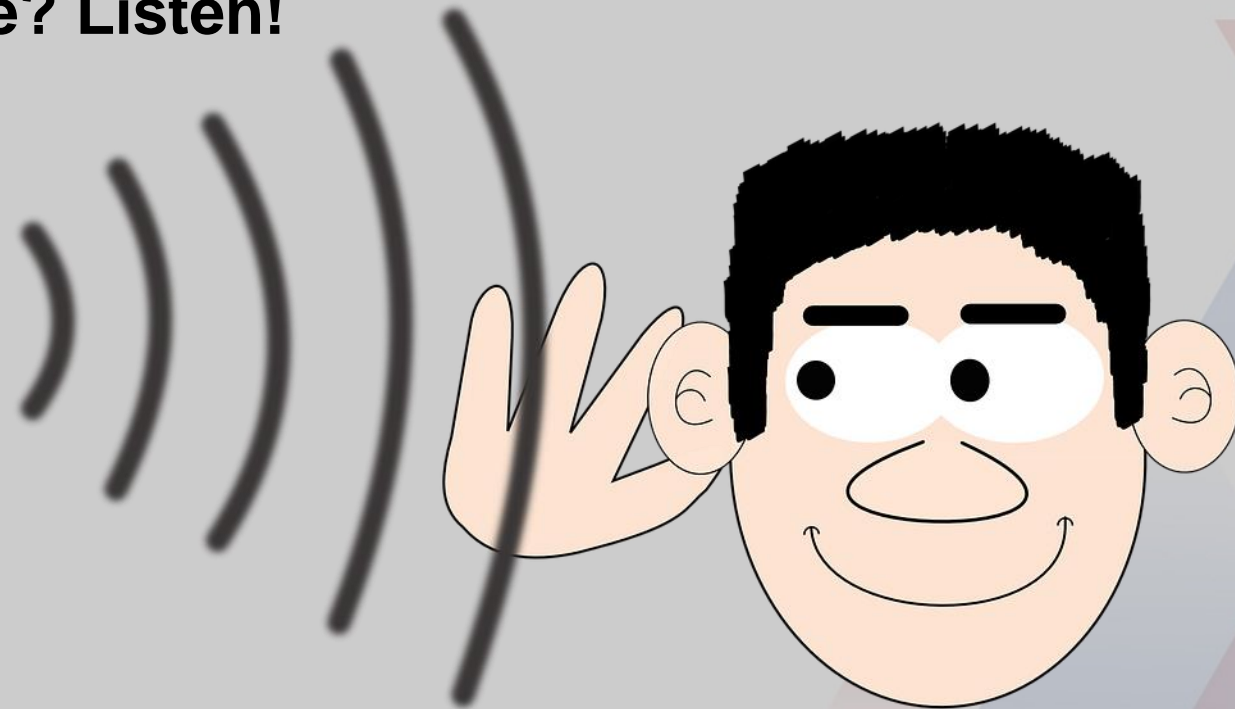
Is listening difficult? Why?

- Not your best ability
- Lack of exposure
- Lack of practice



I will understand it!

- Not your best ability? Develop it!
- Lack of exposure? Listen!
- Lack of practice? Listen!



I can't understand it!

- **Get rid of high expectations (understand everything?)**
- **Consider there are variables in pronunciation and vocabulary (like in Brazil and the Portuguese language / Americans listening to Irish/Australian)**
- **Don't rush it!**

How can I understand it?

- **Increase your exposition to the language.**
- **Improve your vocabulary.**
- **Be patient, don't be anxious, stay relaxed while listening.**
- **Listen for the gist (general idea).**

How can I practice it?

- Watch/Listen + subtitles/transcript in Portuguese
- Watch/Listen + subtitles/transcript in English
- Watch/Listen + no subtitles/transcript

Strategies

Before listening:

Predict (topic):

- Title
- Image
- Background knowledge
- Questions(exercise/test)

Strategies

While listening

- Content words
- Words you know
- Cognates
- Don't get stuck in one word/idea
- Key words / facts
- Take notes

Strategies

After listening:

- Main points?
- Predictions helped?
- Identify difficulties (pronunciation / attention / vocabulary)
- Listen again (after a few days)

Why sitting is bad for you?

Murat Dalkilinç



Why sitting is bad for you?

Murat Dalkilinç



- ✓ body
- ✓ back
- ✓ sit
- ✓ time
- ✓ move
- ✓ walk
- ✓ exercise
- ✓ problems

Why sitting is bad for you?

Murat Dalkilinç

**The link to the video is the
Base Material
(watch only up to 03:23)**

Why sitting is bad for you?

Murat Dalkilinç

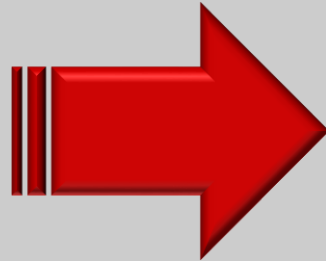


- ✓ body
- ✓ back
- ✓ sit
- ✓ time
- ✓ move
- ✓ walk
- ✓ exercise
- ✓ problems

Why sitting is bad for you?

Murat Dalkilinç

- **Key words**
- **Cognates**
- **Facts**



Topic
Main ideas
Details



Play – listen
Play – read

Why sitting is bad for you?

Murat Dalkilinç

Right now, you're probably sitting down to watch this video and staying seated for a few **minutes** to view it is probably okay. But the longer you stay put, the more **agitated** your **body** becomes. It sits there counting down the **moments** until you stand up again and take it for a **walk**. That may sound ridiculous. Our bodies **love to sit**, right? Not really. Sure, sitting for brief periods can help us recover from **stress** or **recuperate** from **exercise**. But nowadays, our **lifestyles** make us sit much more than we move around, and our bodies simply aren't built for such a **sedentary** existence. In fact, just the opposite is true. The **human body** is built to **move**, and you can see evidence of that in the way it's structured. Inside us are over 360 joints, and about 700 skeletal muscles that enable easy, fluid motion. The body's unique physical structure gives us the ability to stand up straight against the pull of gravity. Our blood depends on us **moving around** to be able to **circulate** properly. Our **nerve cells** benefit from movement, and our skin is elastic, meaning it molds to our motions. So if every inch of the body is ready and waiting for you to move, what happens when you just don't?

TED talks

The image shows a screenshot of a TED video player. The main video area has a dark green background with a cartoon illustration of a man in a plaid shirt sitting in a chair, looking at a computer monitor. A large yellow arrow points from the monitor towards the right. In the top right corner, there are buttons for 'Share' (a red circle with a white arrow) and 'Add to list' (a black circle with a white plus sign). A 'Subtitles' menu is open on the right side, showing options for English (selected), Español, Français, Italiano, and 日本語. Below these is a link to 'More languages (30)' and an 'Off' option. At the bottom, there is a progress bar, a play button, a volume icon, a speech bubble icon, a settings gear, and a full-screen icon. The video title 'Why sitting is bad for you' and the speaker's name 'Murat Dalkilinc | TED-Ed' are displayed in the bottom left.

Murat Dalkilinc | TED-Ed

Why sitting is bad for you

Subtitles

- ☒ English
- ☐ Español
- ☐ Français
- ☐ Italiano
- ☐ 日本語

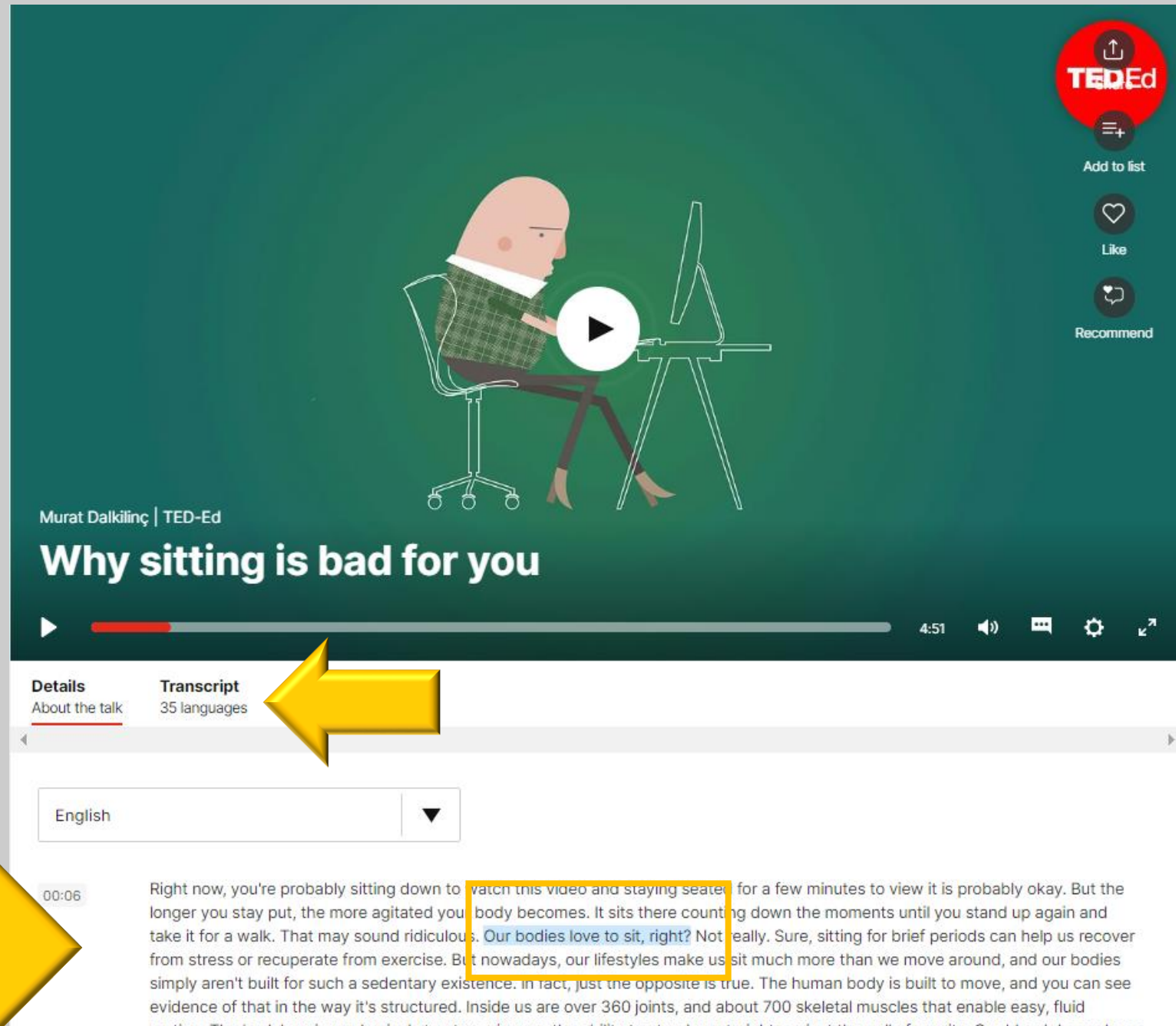
More languages (30)

☐ Off

Subtitles

https://www.ted.com/talks/murat_dalkilinc_why_sitting_is_bad_for_you?language=en#t-28558

TED talks



Why sitting is bad for you

Murat Dalkilinc | TED-Ed

Details About the talk

Transcript 35 languages

English

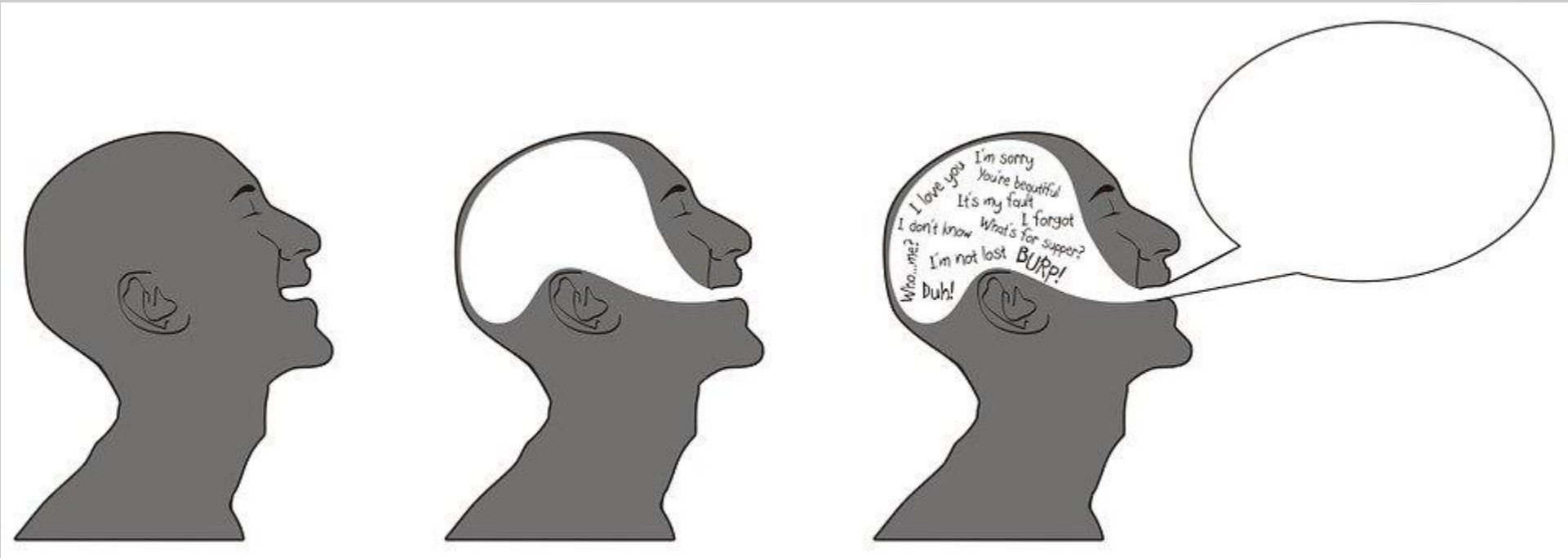
00:06

Right now, you're probably sitting down to watch this video and staying seated for a few minutes to view it is probably okay. But the longer you stay put, the more agitated your body becomes. It sits there counting down the moments until you stand up again and take it for a walk. That may sound ridiculous. Our bodies love to sit, right? Not really. Sure, sitting for brief periods can help us recover from stress or recuperate from exercise. But nowadays, our lifestyles make us sit much more than we move around, and our bodies simply aren't built for such a sedentary existence. In fact, just the opposite is true. The human body is built to move, and you can see evidence of that in the way it's structured. Inside us are over 360 joints, and about 700 skeletal muscles that enable easy, fluid motion. The body's unique physical structure gives us the ability to stand up straight against the pull of gravity. Our blood depends on

https://www.ted.com/talks/murat_dalkilinc_why_sitting_is_bad_for_you?language=en#t-28558

Is speaking difficult? Why?

- Lack of practice



Strategies for speaking

- Repeat things ALOUD:
 - Pronunciation / intonation
- Talk to yourself.
- Record yourself.
- Sing aloud.
- Talk to friends.
- Relax!
- Speak, speak, speak!



Learning to listen and speak

- ✓ **Change your mindset about difficulties.**
- ✓ **Practice!**
- ✓ **Relax and have fun!**