

Mind Over Body

Theme:
Health and Well-being



Before we start, please make sure...

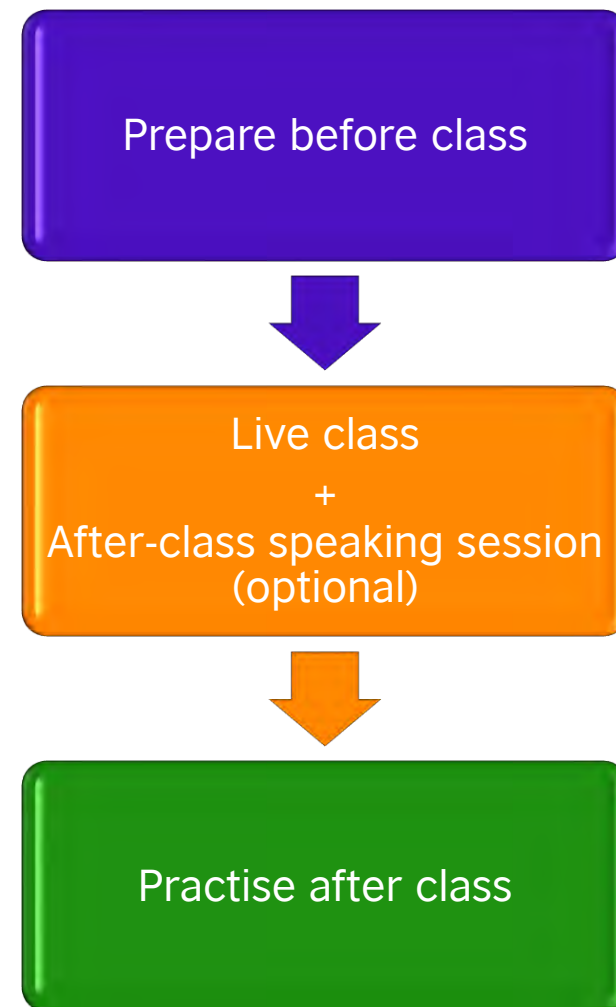
- ✓ your name on Zoom is clear (use Latin letters)
- ✓ your camera is on and mic is off (unmute when needed)
- ✓ you are in a quiet area that helps you focus
- ✓ you have a notebook or a note app ready to take notes



Welcome to English Online

How does it work?

You need to complete all three parts to get the most out of English Online.



After-class speaking session

Stay back after class for 5 or 10 minutes to talk to your classmates from around the world.

This extra speaking practice will help you...

- improve your conversation skills
- practise using language learnt in class
- support and help your fellow students
- practise using English in a natural context
- become a part of a global learning community



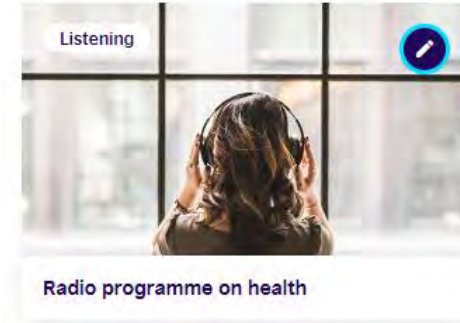
After-class
speaking
sessions

Pre-lesson activities

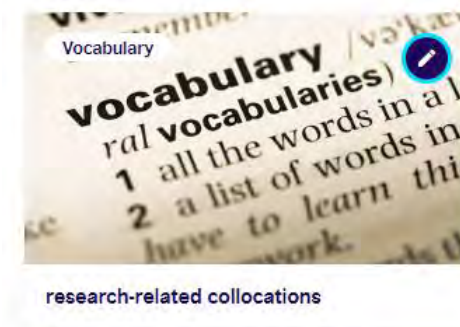
Before the live lesson you...

- listened to a radio program called Date with Science discussing health research.
- practised research-related collocations.

Prepare



Practise



Warmer

Tell us about yourself and share with your groups,

1. the different ideas/techniques you follow to improve your well-being (**take a shower, a walk, read, stop paying attention to stress – work related, otherwise it might cause a detrimental effect on you**)
2. if you are interested in reading or watching any information about health, what was the latest you've heard/read?



Lesson objective

What do you expect to learn by the end of this class?



Lesson objectives

In this **live** part of the lesson, you will discuss research related to the mind/body connection.

You will also review the language that you learned **before** the lesson; how to explain evidence and conclusions clearly and ask for and give clarification.

Highlighted skills:

Reading & Speaking **in the live class** and listening **before and after the lesson**

Language focus:

Vocabulary:

- Collocations associated with topic of mind/body research
- Phrases for requesting and giving clarification

Lead-in

Do you think that the mind has an influence on any of these health conditions or are they entirely physical?

Can you back-up your opinion with any evidence that you have read about or heard of?

- heart disease
- cancer
- asthma
- allergies
- Alzheimer's disease
- high blood pressure



**Mind over Body
Advanced**

Language Focus 1

Vocabulary

Signalling lack of
understanding /
Asking for clarification

I'm not sure I entirely follow you.

Explaining / Clarifying

that is to say ...

Checking / Clarifying
understanding

Can I conclude from this that ...?

Can you add 2 more phrases to each part?

- So, what you're trying to say is...?
- So, let me just recap...
- So, let me see if I've got this right...
- If I understand correctly, you're saying...
- Sorry, could you repeat that?
- I missed that. Could you say that again?
- Sorry, you lost me there.
- I'm not sure I understand correctly.

- 1.Sorry, what did you say your **NAME** was again?
- 2.Is that Geoffrey **WITH** a G?
- 3.Sorry, I **DIDN'T** get all of that.
- 4.Could you **SAY** it again, please?
- 5.Do you **MEAN** this Friday?
- 6.And **COULD** you tell me your surname again?
- 7.Is that **SPELT** B-A-K-E-R?
- 8.Are you **TALKING** about the Liverpool office?
- 9.Sorry, I didn't quite **CATCH** that.
- 10.Can you **GIVE** it to me again, please?

Language Focus 1

Vocabulary

Can you add these collocations from the listening activity to sentences of your own?

solid science

controversial topic

incontrovertible evidence

argue strongly (argue for something. You support it, argue with somebody about something, you are in dispute of, argue that, both meaning , depends on the context)
clearly shown

detrimental effects

an increasing openness

Language Focus 2

Grammar

Using Modal Verbs for Giving Advice

- 1 You shouldn't do it.
- 2 You mustn't do it.
- 3 You don't have to do it.
- 4 You oughtn't to do it.

- a It's prohibited (you have no choice).
- b It isn't a good idea (but you have a choice).
- c It isn't necessary (but you can do it if you want to).....

Have to- obligation from someone with power over you. **Must**- your inner desire

Should used to make suggestions to friends family etc thus less formal
Ought to - the formal equivalent of should, to make some recommendation.

Don't have to- recommendation but you still have a choice to make ,

musn't -you are prohibited from doing something

Language Focus 2

Grammar

Using Modal Verbs for Giving Advice

- 1 You shouldn't do it.
- 2 You mustn't do it.
- 3 You don't have to do it.
- 4 You oughtn't to do it.

Now, add them to sentences of your own related to the topic

- a It's prohibited (you have no choice). **2**
- b It isn't a good idea (but you have a choice). **1** , **4**
- c It isn't necessary (but you can do it if you want to). **3**

Task



Task

Talking about an area of mind/body health research

role-play: a radio interview about an area of mind/body research

1. read the information sheet carefully
2. research into an aspect of the mind/body connection concerning health
3. be prepared to explain it, playing the part of an expert in a radio interview
4. focus on using the language we've learned today



Review

There is a solid evidence that placebo effect works on human being. A great example is my son, who used to have an aversion to eating nuts, mainly caused by his school police. Due to his phobia against eating nuts, he has already developed some sickness symptoms while no contact with nuts.

It depends on your expectations. If you are positive, you will see the better results definitely sooner.

Lesson materials

Make sure you have

- downloaded the *.pdf with this presentation
- saved the Zoom Chat



How can you make more progress?

Complete the Progress activities online.



Review the topic we have practised today.



Lissa Rankin MD at TEDx Riviera

http://www.youtube.com/watch?v=LWQfe__fNbs&feature=youtu.be

What's next?

Social

Health and Well-being

6 lessons

Health and well being are hot topics in contemporary society. Among other topics, in this theme we explore medical research, the connection between mind and body, workaholism and complementary medicine.



After-class speaking session

You can talk about any topic that interests you!

Use these questions as a guide, if needed.

- In what ways are mind and body connected?
- How do you get control of a stressful situation that is getting too tough?
- Do you always follow the same pattern to relieve stress or do you try different things?
- What do you think is the greatest cause of stress for most people?
- What are some of the positives the mind can play in people's outlook on life?

For help, contact:

support.englishonline@britishcouncil.org

Dos

- ✓ Treat everyone with respect
- ✓ Keep your camera on and participate
- ✓ Let others share ideas too
- ✓ Listen to everyone
- ✓ Click 'Leave' if you cannot stay back

Don'ts

- ✗ Don't take pictures or record
- ✗ Don't share personal details
- ✗ Don't let your children be visible onscreen

After-class
speaking
sessions

