

The Alternative Way

Theme:
Health and Well-being



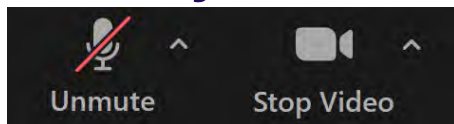
Before we start, please make sure...

- ✓ 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

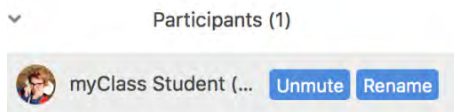


Zoom features

Check your audio and video settings

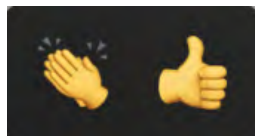
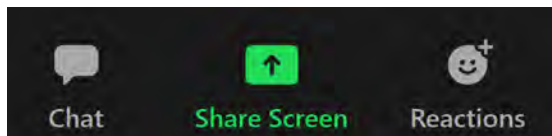


Use Latin letters for your name

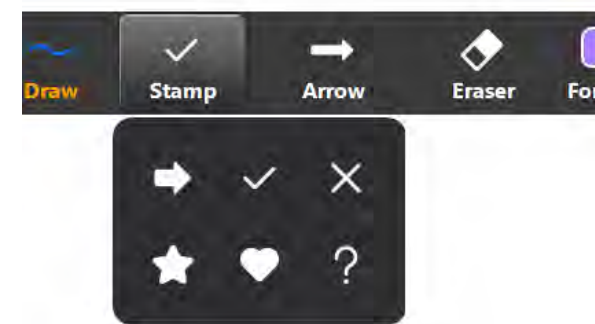
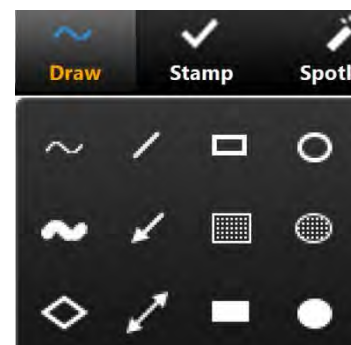


Ask questions in the Chat or use Reactions

Share Screen when the teacher asks



Use Annotate when a screen is shared

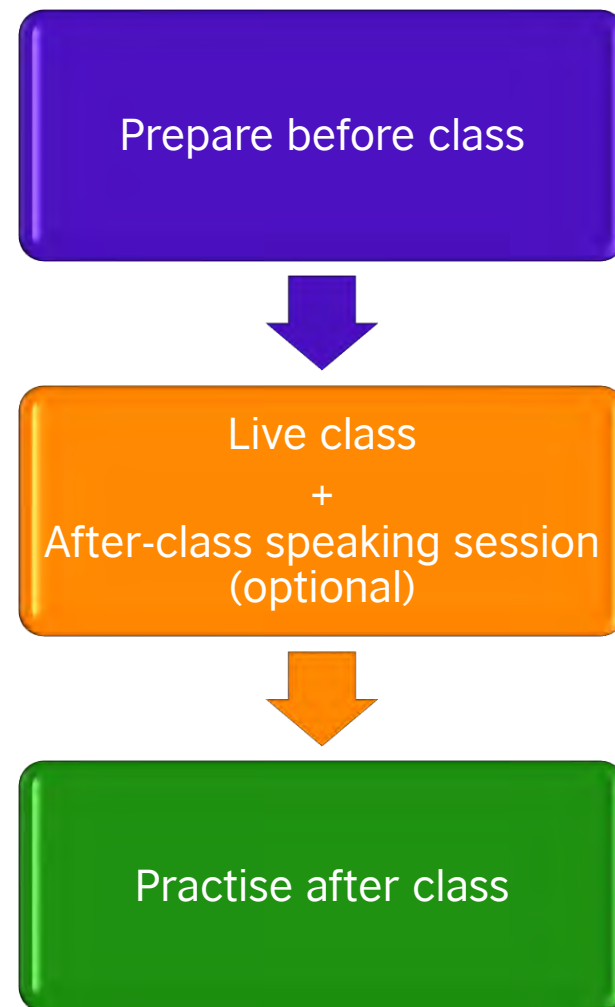


Use Save to make screenshots

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

Prepare



Listening



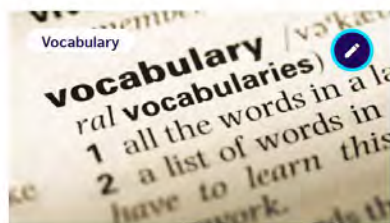
Talking about alternative therapies



Listening



Summarising reasons and attitudes



Vocabulary



Giving and justifying opinions



Vocabulary



Therapy-related collocations

Lesson objectives

Lesson description

- In this **live** lesson, you will practise your persuasion techniques and have a conversation between a complementary medicine practitioner and a patient. You will then use the language you learned **before** the class to persuade your partner and justify your decision.

Language

- Words connected with alternative therapy
- Expressions for giving opinions, justifying opinions and giving evidence
- Adjective-noun collocations

Lead-in

Discuss the following questions:

- What springs to mind when you hear the term ‘alternative medicine’?
- Have you tried any alternative medicine? If so, how was it?
- Do you think alternative medicine is just a trend that goes in and out of fashion?
- Do you think alternative medicines work better than modern drugs?







Language focus 1

Label these phrases G (giving your opinion), J (justifying your opinion) or R (referring to evidence).

- | | |
|---|-------------------------------|
| 1. No matter how unlikely it might seem ... | 7. Well, I reckon that ... |
| 2. As far as I'm concerned ... | 8. If you think about it ... |
| 3. After all ... | 9. Research suggests that ... |
| 4. There is evidence that ... | 10. The way I see it is ... |
| 5. I'm absolutely convinced that ... | 11. You can't deny ... |
| 6. The theory is ... | 12. Experts have shown ... |

Language focus 1

Answers


<u>Giving your opinion</u>	<u>Justifying your opinion</u>	<u>Referring to evidence</u>
As far as I'm concerned ...	No matter how unlikely it might seem ...	There is evidence that ...
I'm absolutely convinced that ...	If you think about it ...	The theory is ...
Well, I reckon that ...	You can't deny ...	Research suggests that ...
The way I see it is ...	After all ...	Experts have shown ...

Language focus 2

Match the adjectives with the nouns to make collocations.

1. bad _____
2. unconscious _____
3. underlying _____
4. powerful _____
5. medical _____
6. undisturbed _____
7. side _____
8. spinal _____
9. nervous _____
10. mild _____

history
cause
system
nutrition
mind
sleep
tool
effect
cord
aversion

- 
- 1 bad nutrition**
 - 2 unconscious mind**
 - 3 underlying cause**
 - 4 powerful tool**
 - 5 medical history**
 - 6 undisturbed sleep**
 - 7 side effect**
 - 8 spinal cord**
 - 9 nervous system**

Language Focus 2

Match the collocations from the last slide to their meaning:

1. The processes that occur automatically like memory, affect and motivation that are not available to introspection.
2. A long thin tube of nervous tissue and support cells that extends from the brain.
3. Information obtained by a physician to help form a diagnosis and provide medical care.
4. Any additional result that is not intended and could be unpleasant.
5. An extended rest that isn't troubled or interrupted.
6. A diet that does not provide the right amount of vitamins, minerals, etc.
7. A feeling of distaste or dislike for something that is not overwhelmingly strong.
8. The fundamental reason for something.
9. The system of nerves that sends and receives the signals that control your body and mind.
10. A very effective method to use.

Language Focus 2

1. The processes that occur automatically like memory, affect and motivation that are not available to introspection. **unconscious mind**
2. A long thin tube of nervous tissue and support cells that extends from the brain. **spinal cord**
3. Information obtained by a physician to help form a diagnosis and provide medical care. **medical history**
4. Any additional result that is not intended and could be unpleasant. **side effect**
5. An extended rest that isn't troubled or interrupted. **undisturbed sleep**
6. A diet that does not provide the right amount of vitamins, minerals, etc. **bad nutrition**
7. A feeling of distaste or dislike for something that is not overwhelmingly strong. **mild aversion**
8. The fundamental reason for something. **underlying cause**
9. The system of nerves that sends and receives the signals that control your body and mind. **nervous system**
10. A very effective method to use. **powerful tool**

Task



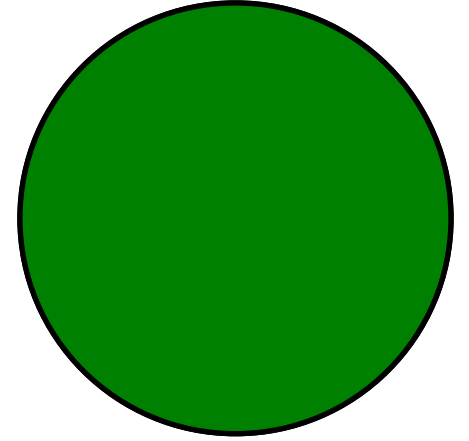
Pre-task

You are either an ‘expert’ or a ‘patient’.

The ‘**patient**’ has stress-related problems.

The ‘**experts**’ will be self-styled experts on two different alternative therapies. The ‘**experts**’ should study the audio-scripts and the role-cards they have been given and attempt to persuade the ‘**patient**’ to adopt their therapy.

The ‘**patient**’ should study their role-card and prepare some difficult questions for the ‘**experts**’ – the more unusual, the better!



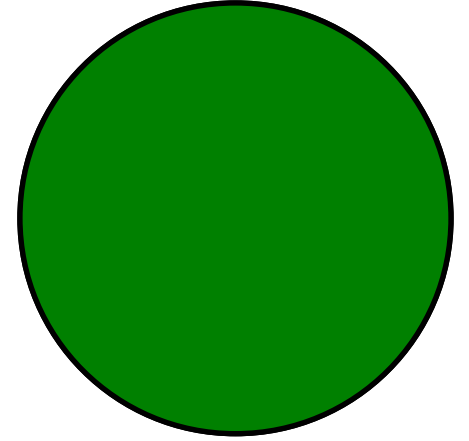
Pre-task (role card 1)

You are a 'patient'.

You are a stressed-out workaholic.

You are working long hours and regret not being able to make time for friends or relax properly. You have recently developed pains in your wrist and lower back from working at the computer all day long. You are smoking more than ever and have had considerable difficulty getting to sleep at night.

Your regular doctor has prescribed piles of pills for you to take, but you would like to find a better alternative. That said, you are sceptical about mumbo jumbo therapies and have plenty of questions for the therapists you are going to meet before you choose which is the best bet is for you.



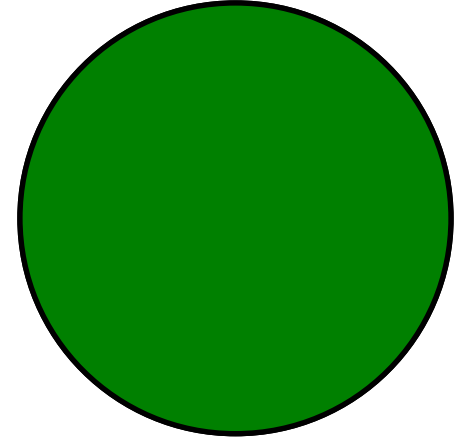
Pre-task (role card 2)

You are an 'expert'.

You are a self-styled expert on alternative medicine. You have had a positive experience of alternative medicine and have informed yourself about the correct practice and methodology.

You are going to meet a colleague who is suffering from stress and intend to try to persuade them to adopt the same therapy as you. You know that they are not keen to dose themselves with conventional medicine but are notoriously sceptical about the alternatives.

You know that the champion of a rival alternative therapy will be there too and you want to have your facts at hand and prepare some good arguments to win your colleague over.



Task

Now, work in groups of three (one patient with two experts in different therapies).

Patient: choose the best alternative therapy for you and decide who gave the most persuasive account!

Expert: persuade the patient to take your therapy over that of the rival expert!

- Which therapy did the patients choose? Why?
- Which were the most penetrating questions that the experts were asked?



Feedback on language

Feedback

There is nothing to lose it. Just try one of the treatment.

Would you be able to suggest more powerful tools?

You can use some acupuncture so to get more, better quality sleep.

What do you think, do you have any questions?yes, I have.

How many years have you been practising acupuncture?

I have had 5 years of experience so far.I can't deny that our physical health is very important, but I would recommend trying an alternative therapy to find about the state of your unconscious mind is.

Try or die!

Self-assessment/reflection/review

Think back to the aims presented at the beginning of the lesson.

- How well do you think you did today?
- What was easy/fun/boring/enjoyable?
- What would you liked to have spent more time on?
- What can you now do to help you outside of class?

Lesson materials

Make sure you have

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



What do you think?

Do you like the platform?

What did you think of the activities?

What further information do you need?

For more information, write to

support.englishonline@britishcouncil.org

How can you make more progress?

Complete the post-class activities online.

Practice after class



Listening activity



Listening activity



Listening activity



Defining therapy-related collocations

Key vocabulary covered in this lesson

[Review vocabulary](#)

What's next?

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.



Nerves



High-performers



The alternative way



Health education



Mind over body



Politics of health

After-class speaking session

You can talk about any topic that interests you!

Use these questions as a guide, if needed.

- In your opinion/experience, what ailments is 'western' medicine better at curing?
- What ailments is 'alternative' medicine better at curing?
- Do you know of any 'grandmother's remedies' to help with ailments?
- What are your thoughts on the placebo effect?
- Do you think some alternative therapies are marketing tricks?

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