

Expressing support and encouragement

COMMUNICATION

LEVEL
Intermediate

NUMBER
B2_1024X_EN

LANGUAGE
English



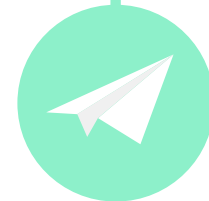


Goals

- Can recognise and recall a variety of expressions to give support and encouragement.
- Can accurately use these expressions in the correct context and with the appropriate intonation.



Your words of **support** and **encouragement** can motivate others to do big things. Telling someone to **hang in there** or saying **I'm 100% behind you** helps people realise their dreams.





Speaking

When was the last time you asked a **friend** or **colleague** for **help** or **support**?

How **successful** were they in managing to help you?





Preview and warm-up

- In this lesson you are going to learn phrases to express **support** and **encouragement** and practise using them.



Come on, Sally! You can do it!



Brainstorm

What words and phrases do you know that you can use to support or encourage someone? Brainstorm them as a class and discuss their meanings.





Match the beginnings and endings to make encouraging phrases

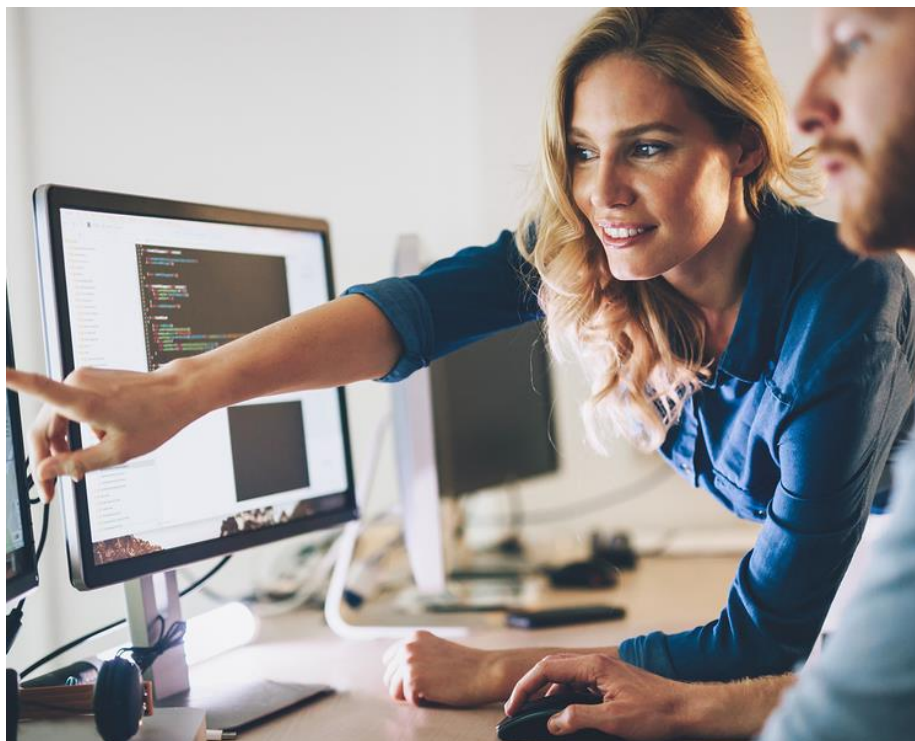
Hang in	do it
Stay at	it
Stick at	there
Give it your	do it
You can	it
Give it	for it
Keep at	a try
Just	it
Go	best shot





Speaking

Have you ever felt like giving up on something in the past? Who encouraged you to stick at it and what did they say?





Roleplay

Look at the situations below and choose one to roleplay. Tell your partner about your difficulties and they should encourage you to keep going.

You can do it!

You just started doing an online course at work and it's really tough

You started jogging a few months ago but you haven't felt your fitness improve yet

Hang in there!

Your boss keeps criticising your work, even though you've been trying to improve

You're trying to save money for a house but you always seem to have unexpected expenses



New words

It's worth a shot!

It's worth a shot – give it a go!

What have you got to lose?

Come on Tim, **what have you got to lose?**

What are you waiting for?

Well, **what are you waiting for?**

You might as well!

You might as well – all you can do is try.



Fill in the gaps

Fill in the gaps with the words from the previous pages.

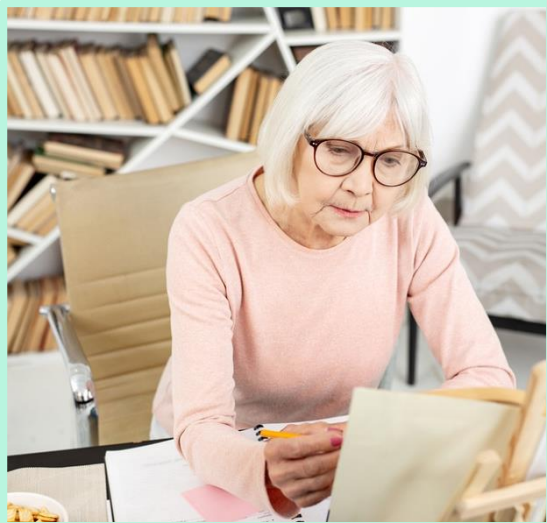
1. I've always wanted to travel to New Zealand.
What are you _____ for?
2. I'd really like to write a book about my life.
Just give it your best _____!
3. My wife and I would like to open a new café.
What have you got to _____? Go for it!
4. I've been asked to play at a concert tonight.
Just _____ it! I know you're nervous
but you'll be great.





Speaking

You can use the phrases on the past two pages to encourage people to do something. Choose one of the ideas below and encourage your partner to do it with you.



Take 6 months
off work to travel

Learn Arabic just
for fun

Change career
completely

Go to university
and get a degree



Speaking

What is something you've always wanted to do but are too nervous to try? Think about the reasons why you want to do it and why you haven't up to now. Tell your partner about it. Your partner should encourage you using phrases from the lesson.



100% behind you

right behind you

Both of these phrases are used to tell someone you **support** them.



I'm 100% behind you, John. Whatever you decide to do.



New words

I've got your
back

I've got your **back**, Alex.



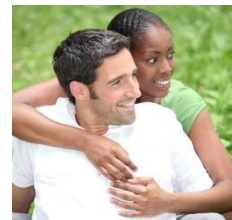
I'm in your
corner!

We're in your **corner**, Jo!



You can count
on me!

Kara, **you can count on me for support**, whenever you need it.



I'll support you
either way

I'll support you **either way**, whether you go for it or not.





Expressing support

Do you know the origins of these phrases? Talk about it with your partner and then ask your teacher. Do you know any other figurative expressions to express support?



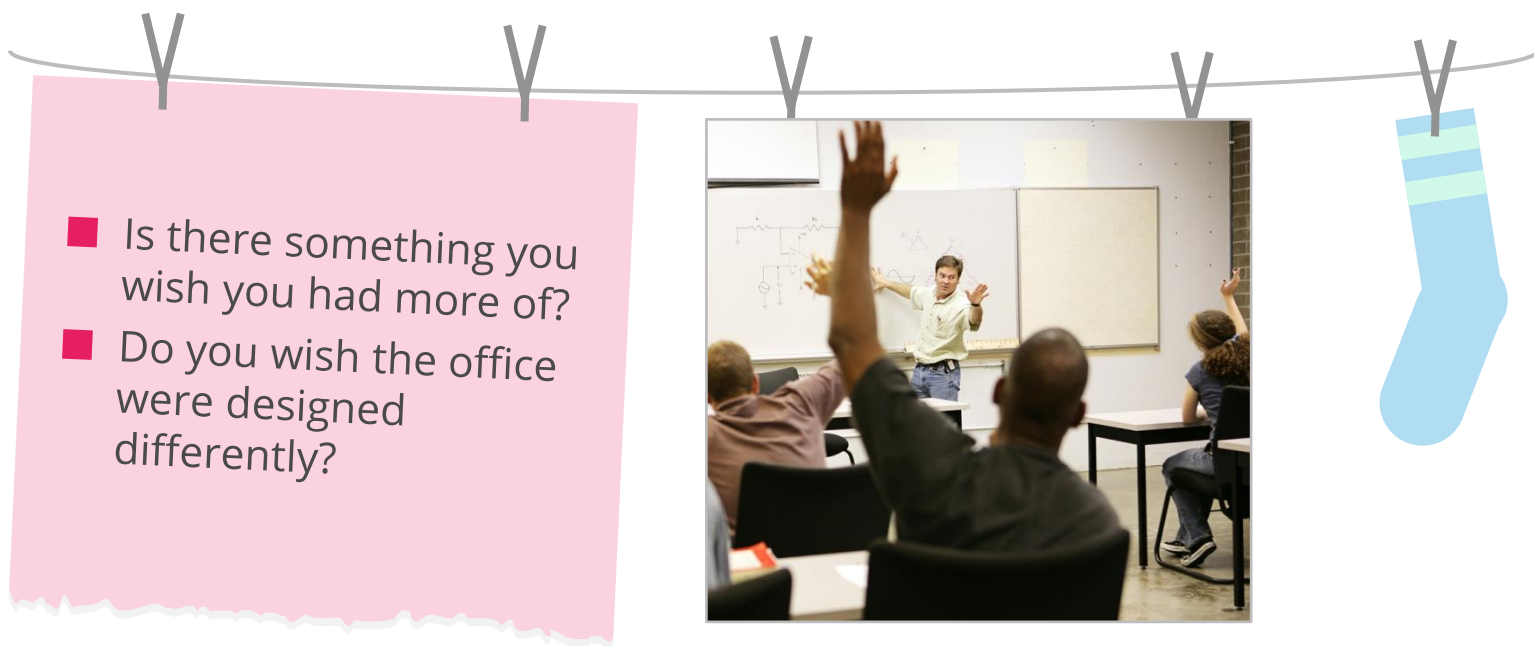
I'm in your corner!

I've got your back!



Making changes

Think about one thing you want to change about your workplace. Make a few notes about your idea and why you think it's a good one.





Speaking

Now present your idea with the class and convince them that they should support you. Whose idea do you think is the best?

I've got your back



I'm 100%
behind you

You can
count on me



I'm in
your corner



New words

to reach for the stars

I always told my kids to **reach for the stars!**



to buckle down

You're going to have to **buckle down** if you want to pass this exam.



to stick to your guns

I **stuck to my guns** despite everyone telling me it might fail.



to put your heart and soul into something

I **put my heart and soul** – and all of my money – **into** creating this business!





Fill in the gaps

Fill in the gaps with words from the previous slide. Do any of these phrases exist in your language?

1. If you put your _____ and _____ into something, it's likely to succeed.
2. Sometimes it's all about hard work, so _____ down and get on with it!
3. If you really believe it can work, stick to your _____ and make other people believe too!
4. There's no limit to what you can achieve – reach for the _____!





Speaking

**Choose two of these questions to talk about with your partner.
Compare your experiences.**



Is it always a good idea to reach for the stars?

When have you really had to buckle down in order to achieve something?

When have you stuck to your guns, in spite of other people's opinions?

What is a project that you have put your heart and soul into?



Too much encouragement?

**There can be a darker side to encouragement and expecting praise.
Discuss these questions with your classmates.**



1

Is there such thing as too much praise and encouragement? What happens to children when they only hear praise?

2

Should we expect to receive praise for everything we do? Is it different at work vs. at home?

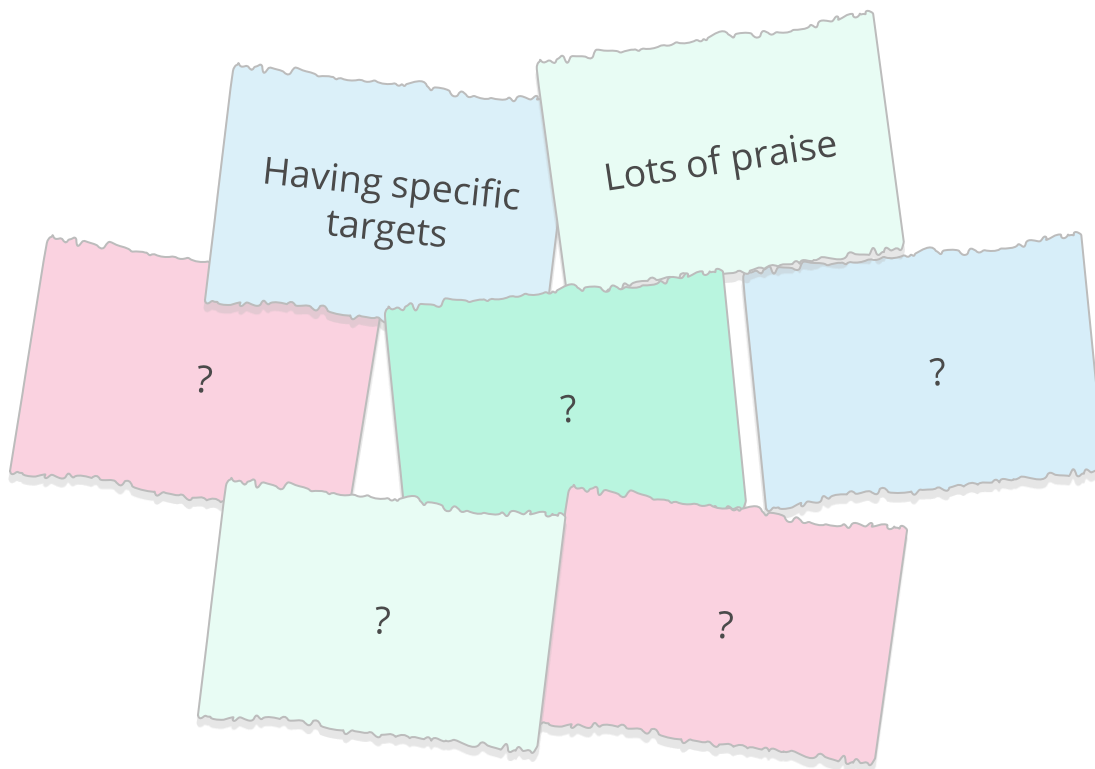
3

What is the best kind of praise you have ever received?



Motivation

What kinds of things keep you motivated? Look at the ideas below and add to them with your classmates. What keeps you motivated to learn English, for example?





Reflect on the goals

Go back to the second slide of the lesson and check if you have achieved all the goals of the lesson.

yes

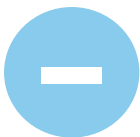
no





Reflect on this lesson

Think about everything you have seen in this lesson.
What were the most difficult activities or words? The easiest?



If you have time, go over
the most difficult slides again



Answer key

Exercise p. 7

Hang in there! Stay at it! Stick at it! Give it your best shot! You can do it! Give it a try!
Keep at it! Just do it! Go for it!

Exercise p. 11

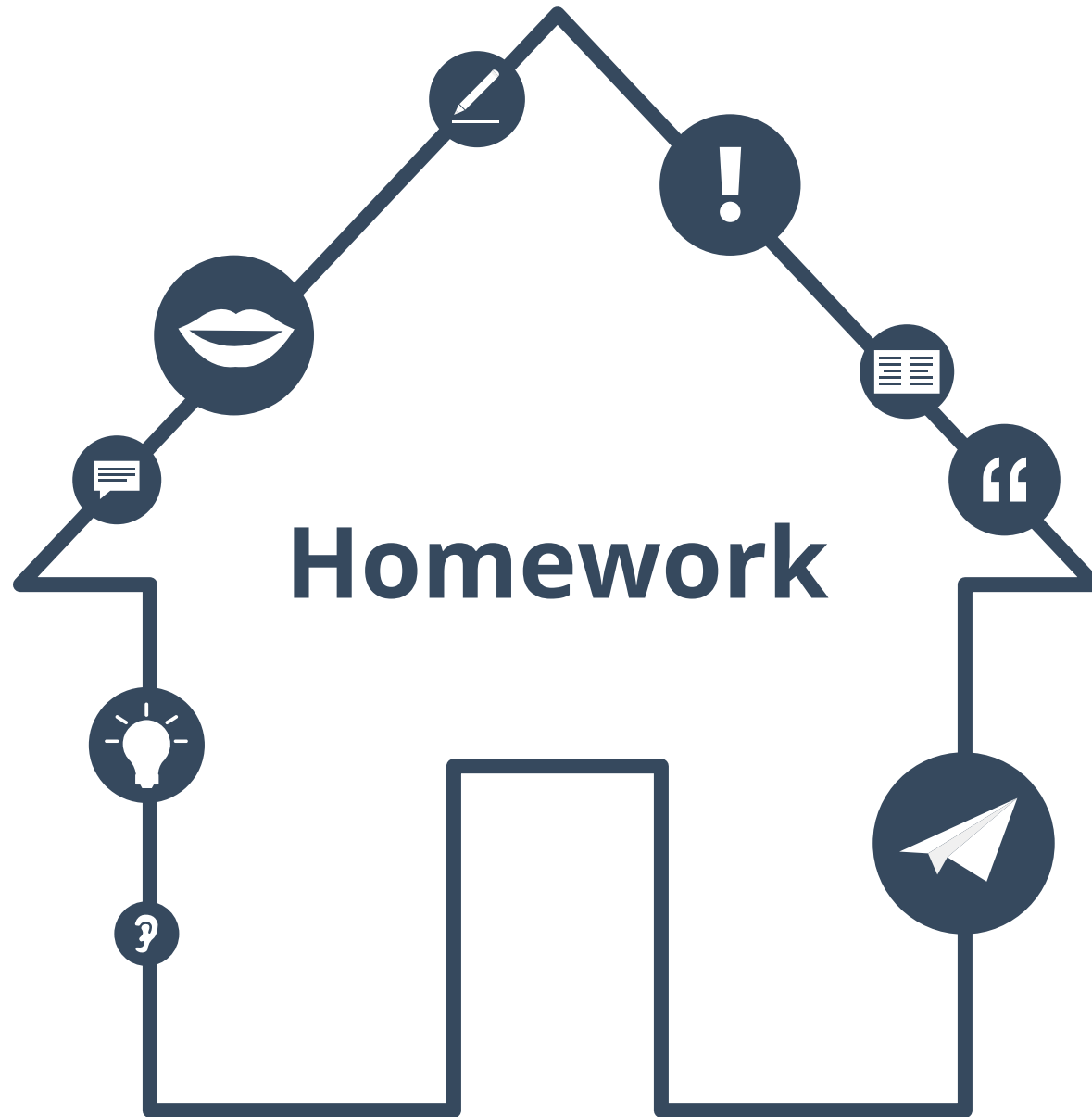
1. waiting, 2. shot, 3. lose, 4. do

Exercise p. 16

In your corner: From boxing, where a fighter's trainer is in his corner of the ring.
To have someone's back: From the military, where soldiers will literally cover each other's backs in fighting.

Exercise p. 20

1. heart, soul, 2. buckle, 3. guns, 4. stars





Unscramble

A

You've

my

backing

got

B

in

on

there

Hang

C

your

I'm

side

on

D

worth

a

It's

shot



Fill in the gaps

I was nervous about starting a new business but I talked to my husband about it and she said that I should _____ for it. It was really nice to know that I had her _____ and that she was _____ behind me. My parents weren't quite as enthusiastic, they would have preferred me to stay with my old firm but in the end they said they would _____ me either way. It was difficult in the beginning but I _____ at it and it's been quite successful.

support

backing

go

100%

stuck



Homework answer key

Exercise p. 29

go, backing, 100%, support, stuck

Exercise p. 28

A. You've got my backing. B. Hang on in there. C. I'm on your side. D. It's worth a shot.

