

COMMUNICATION

Expressing support and encouragement

LEVEL

Upper-Intermediate
(B2)

NUMBER

EN_B2_1083X

LANGUAGE

English



Learning outcomes

- I can recall a variety of expressions to encourage someone to do something.
- I can express support and encouragement in a range of different situations.



Warm-up

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

**Did they manage
to help you or not?**





Brainstorm

Jot down some phrases you already know to support or encourage someone.





Form phrases to express encouragement

1

Hang in...

2

Stay at...

3

You can...

4

Go...

5

Give it your...

6

Stick at...

7

Give it...

8

Just...



a

...for it!

b

...it!

c

...a try!

d

...it!

e

...do it!

f

...best shot!

g

...there!

h

...do it!



Discuss

**Have you ever felt
like giving up on
something?**

**Who encouraged you to stick
at it? What did they say to you?**



Role-play

1. **Read** the situations below. **Choose** one to role-play.
2. **Tell** your partner about your difficulties. They should encourage you to keep going.



You just started doing an online course at work and you're finding it really tough.

You started jogging six months ago, but your fitness hasn't improved yet.

Your boss keeps criticising the quality of your work despite your efforts to improve.

You're saving up for a house, but your bills keep going up each month.

Ex.

Hang in there!
Stick at it!

”

It's worth a shot!

You might as well!

We can express encouragement with these two phrases.



What are you waiting for?

What have you got to lose?

We can also use these questions to mean: *what is stopping you?*





Fill in the gaps

Complete the sentence using a word from the red box.

- 1
 - I've always wanted to go to Paris. I've just never got around to it!
 - What are you _____ for? There's no time like the present!
- 2
 - The company is asking for 5 years of experience. I've only got 4!
 - You _____ as well apply for it. You've got so much to offer!
- 3
 - My wife and I have always dreamed of opening a café one day.
 - What have you got to _____? Go for it!
- 4
 - No one has ever got into that university from our school before.
 - It's worth a _____! You could always be the first!
- 5
 - I wish I could just quit my job. It's getting too much!
 - Well, what's _____ you? You'll find another one soon enough.

shot
waiting
stopping
lose
might



Speaking

1. **Choose** one of the ideas below.
2. **Encourage** your partner to do it with you. **Use** the phrases from today's lesson.



Take 6 months
off work to travel the
world

Learn Arabic
just for fun

Change careers
completely

Go to university
again to get a degree



What have you got to lose?

1. **Write down** your answers to the questions.
2. **Interview** a partner in **breakout rooms**.
3. **Encourage** your partner to do their chosen activity!

1 What's one thing you've always wanted to do, but are too nervous to try?

2 Why do you want to do it?

3 What has stopped you from doing it?





Lending support

Form phrases to lend someone support.

1

I've got...

a

always count on me!

2

You can...

b

right behind you!

3

We're all...

c

your back!

4

You've got...

d

with you all the way!

5

We're...

e

our support!



I've got your back!

Gosh! I'm so lucky to have you!

How would you translate this phrase into your own language?



Making changes

Think of one improvement you would make to your workplace.

**Make a few notes about your idea
and why you think it's a good one.**



Modernise design?



Change lighting?



Encourage wellness?



Offer food or drink?





Presentation time!

Use your notes from the last slide to help you.

1



Present your idea to the class. **Convince** them to support you!

2



Your classmates should **listen** and **ask** follow-up questions.

3



After the presentations, **say** which idea you support and why.

End of the lesson

Idiom

chin up!

Meaning: used to tell someone to stay cheerful in a difficult or unpleasant situation.

Example: Chin up! Not everyone passes that exam first time.



Additional practice



Match the halves of the sentence

1

It's worth

2

Give it your...

3

You...

4

Hang...

5

What have...

6

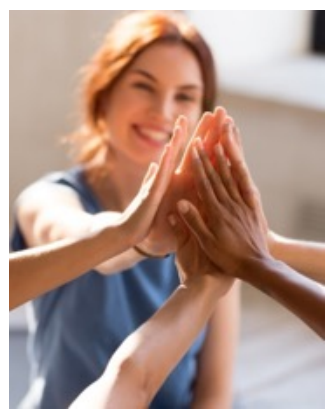
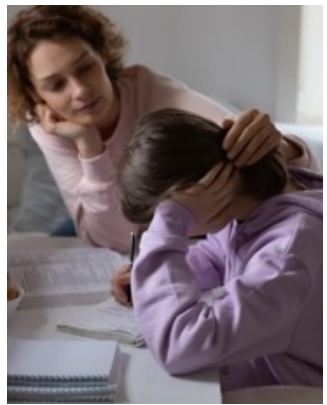
Go...

7

Just...

8

What are...



a

...for it!

b

...best shot!

c

...in there!

d

...you got to lose?

e

...do it!

f

...you waiting for?

g

...a shot!

h

...might as well!





Fill in the gaps

Choose the correct words to complete the phrases.

- 1 I've _____ your _____!
- 2 You _____ always _____ on me!
- 3 We _____ all _____ behind you!
- 4 You've _____ our _____!
- 5 We're _____ you _____ the way!

can
support
back
are
all
count
got
right
got
with



Too much encouragement?

Discuss these questions with your classmates.

- 1 Is there such thing as too much praise and encouragement?
- 2 What happens to children when they only hear praise?
- 3 Should we expect to receive praise for everything we do? Is it different at work versus at home?





What about you?



**What's the best
kind of praise
you've ever
received?**

Who gave it to you?





Answer key

- P. 5:**
1. Hang in there (g)
 2. Stay at it! (b)
 3. You can do it! (e)
 4. Go for it! (a)
 5. Give it your best shot! (f)
 6. Stick at it (d)
 7. Give it a try (c)
 8. Just do it ! (h)
- P. 10:**
1. waiting
 2. might
 3. lose
 4. shot
 5. stopping
- P. 13:**
1. I've got your back (c)
 2. You can always count on me (a)



Answer key

- P. 13:** 3. We're all right behind you (b)
(cont'd) 4. You've got our support (e)
5. We're with you all the way (d)

- P. 20:** 1. It's worth a shot! (g)
2. Give it your best shot! (b)
3. You might as well! (h)
4. Hang in there! (c)
5. What you got to lose? (d)
6. Go for it! (a)
7. Just do it! (e)
8. What are waiting for? (f)

- P. 21:** 1. got, back
2. can, count
3. are, right
4. got, support
5. with, all



Summary

Expressing encouragement

- *Hang in there!; Stay at it!*
- *You can do it!; Go for it!*
- *Give it your best!; Stick at it!*
- *Give it a try!; Just do it!*

Other ways to express encouragement

- *It's worth a shot!*
- *You might as well!*
- *What are you waiting for?*
- *What have you got to lose?*

Lending support

- *I've got your back!*
- *You can always count on me!*
- *You've got our support!*
- *We're with you all the way!*
- *We're all right behind you!*



Vocabulary

Hang in there!

Stay at it!

You can do it!

Go for it!

Give it your best!

Stick at it!

Give it a try!

Just do it!

It's worth a shot!

You might as well!

What are you waiting for?

What have you got to lose?

I've got your back!

You can always count on me!

You've got our support!

We're with you all the way!

We're (all) right behind you!

