

COMMUNICATION

Explaining a turning point in my life

LEVEL

Intermediate (B1)

NUMBER

EN_B1_1103X

LANGUAGE

English

Learning outcomes

- I can describe an event that was a turning point in my life using superlatives and give my reasons why.
- I can use a range of phrases to encourage someone to make positive decisions in their life.



Warm-up

On a scale of 1-10, how satisfied are you with your life right now?



What's one thing you would like to change?



Time for a change

Lucas (33) and his father **Richard (56)** have a very close relationship. Lately, Lucas has been worried about his dad's mental health. **Read their conversation** and **answer the questions**.

Lucas: How are you doing, Dad? Are you feeling any better?

Richard: Hmm, not really. I've realised how much things have changed since your mother and I got divorced. We used to do everything together and now I'm inside alone all day. I don't like feeling this lonely. I'm the saddest I think I've ever been.

Lucas: I'm sorry to hear that, Dad. I know the divorce has taken its toll on you, but I'm here to support you. We'll get through it together!

Richard: Thanks, son! I just feel completely stuck at the moment.



1. What major change has taken place in Richard's life?
2. How has this change left Richard feeling?
3. How would you describe Lucas' reaction to what his father tells him?



Time for a change

1. **Continue reading** their conversation.
2. **Answer** the questions below.

Lucas: I think you need to try as best as you can to see this as a turning point in your life. If not, you'll spend the rest of your life feeling sorry for yourself! Why don't you give travelling on your own a go? Leave your comfort zone. You could even write a bucket list with all the places you want to visit.

Richard: Hm, I don't know. I feel like I'm a bit too old for these things.

Lucas: Don't make excuses - you've got nothing to lose!

Richard: I guess you're right. It's time for a change and to do all the things I've always wanted to do.



4. What advice does Lucas give his father?
5. Are there any other suggestions you would give?



Match the vocabulary items to their definition

turning point

to get through something

to leave your comfort zone

bucket list

to take its toll on someone

- a** to do something that you are uncomfortable with / that you normally wouldn't do
- b** to cause pain
- c** to be able to deal with a difficult situation
- d** the time when a situation starts to change in an important way
- e** a list of things that a person would like to do before they die

Why don't you
give it a go?

Come on! You've
got nothing to
lose!

I feel completely
stuck at the
moment.



What's another way
of saying this?

In which kind of
situation would you
say this?

What advice would
you give a friend
who feels stuck?



Match the sentences

Find the sentences that belong together.

1 I've been feeling quite sad, recently.

2 I know things haven't been easy for you.

3 I feel completely stuck at the moment.

4 My life is so boring.

5 I think I'm too old to write a bucket list.

a Just try to stay positive. You can get through it!

b I just don't know what to do.

c I think I need to get out of my comfort zone and do something crazy!

d I think the divorce is taking a toll on me.

e Come on! You've got nothing to lose!



Discuss

Can you think of a situation that pushed you out of your comfort zone?



What would you say to encourage a good friend who is completely stuck to make a positive change?



Using the superlative for emphasis

1. **Read** the sentences.
2. **Answer** the questions in the blue box.

It was the **toughest** job **I've ever had** in my life.
It was the **most rewarding** decision **I've ever made**.

- How does the speaker of these sentences emphasise that this is a turning point in their lives?
- What **tense** is being used in the sentences? Why?
- What **adverb** is used in both sentences?

- Using the **superlative + present perfect** helps us to **emphasise** an experience and say **why** it was important in our lives.
- For adjectives with **two or more syllables**, we use the word _____ to make the superlative.

Describing a unique experience using superlatives



I'm the **happiest** I've ever been. Moving to Spain was the **best** decision I've ever made.



This is the **worst** place I've ever visited. Travelling here was the **biggest** mistake I've ever made.

- Why is the first speaker the happiest he's ever been?
- What causes the second speaker to say that he's made the biggest mistake he's ever made?



Some rules when using superlatives

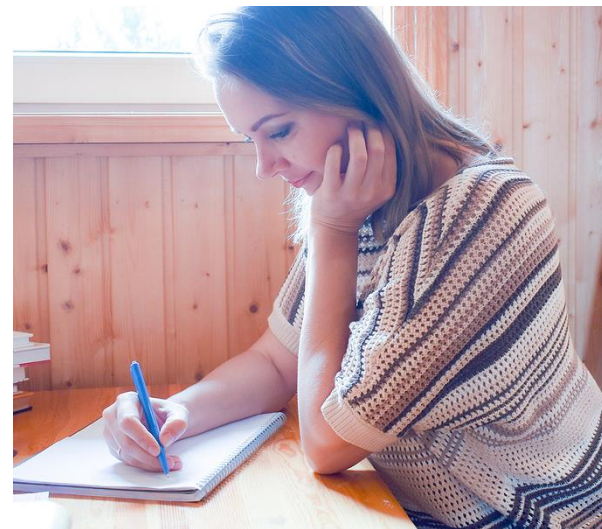


I'm the **happiest** I've ever been. Moving to Spain was the **best** decision I've ever made.



This is the **worst** place I've ever visited. Travelling here was the **biggest** mistake I've ever made.

- Superlatives are often used with the **present perfect + ever**.
- If an adjective **ends in a consonant and -y**, we change -y to -i and add _____.
- If an adjective **ends in -e**, we add _____.
- If an adjective **ends in a vowel and a consonant**, we double the consonant, e.g. _____.





Transform the sentences

Transform the sentences below into superlatives. Put the adjective in the correct form and use the present perfect.

1 Learning English – rewarding – thing – ever – do



2 Moving to Germany – exciting – thing – ever – do



3 Taking this job – big – mistake – ever – make

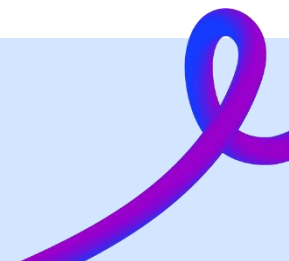


4 Changing careers – good – thing – ever – do



5 Having a family – fulfil – thing – ever – experience







Discuss

In breakout rooms or in the main classroom, **answer** one **pink** and one **yellow** question.



What's the biggest decision you've ever made? Why?

What's the hardest thing you've ever done? Why?

When's the happiest you've ever been? Why?

Who's the most interesting person you've ever met? Why?



Discuss

What are three things on your bucket list? Why are they on your bucket list?

Share your ideas with the rest of the class!



End of the lesson

Idiom

Easier said than done.

Meaning: Something seems like a good idea but is difficult to do.



Additional practice



Transform the sentences

Look at the comparatives down below. Transform them into superlatives.

1 This test was more difficult than any test I've taken before.



2 I've never had a better idea than this one!



3 Nothing is more challenging than finally leaving my comfort zone.

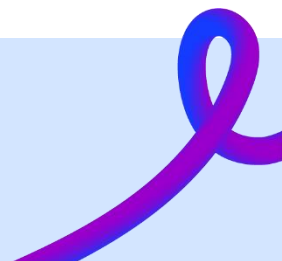


4 This meeting was quicker than any other meeting I've had before.



5 I don't think I've ever laughed so much while watching a movie. It was funnier than any movie I've watched before.







Discuss

Which people have encouraged you to leave your comfort zone?



What do you do when you feel completely stuck?



Discuss



Sometimes, the smallest decisions can make the biggest difference.

**What do you think about this statement?
Do you have an example of a small decision
that had a big impact on your life?**



Answer key

P.4:

1. He got divorced
2. He feels lonely and sad
3. He is sorry to hear it, but also tried to encourage his dad

P.5:

4. He encourages his dad to travel.

P.6: 1. (d) 2. (c) 3. (a) 4. (e) 5. (b)

P.8: 1. (d) 2. (a) 3. (b) 4. (c) 5. (e)

P.10:

1. the speaker uses the present perfect tense + ever, and a superlative
2. present (present-perfect)
3. ever
4. most

p.11:

Because moving to Spain was the best decision he's ever made

Because he's travelled to the worst place he's ever been



Answer key

P. 12:

-est, st, biggest

P.13:

1. Learning English is the most rewarding thing I've ever done.
2. Moving to Germany is the most exciting thing I've ever done.
3. Taking this job was the biggest mistake I've ever made.
4. Changing careers is the best thing I've ever done.
5. Having a family is the most fulfilling thing I've ever done.

Additional practice:**P.19:**

1. This was the most difficult test I've ever taken.
2. The was the best idea I've ever had.
3. Finally leaving my comfort zone is the most challenging thing I've ever done.
4. This was the quickest meeting I've ever had.
5. This was the funniest movie I've ever watched.



Summary

Superlative:

- We use superlative adjectives together with **the** to describe something that is at the upper or lower limit of quality.
- We add **-est** to one-syllable words.
- We use the word **most** to make superlatives for adjectives with two or more syllables.

Superlative – exceptions:

- If an adjective **ends in a consonant and -y**, we change -y to -i and add **-est**
- The superlative form of good, bad and far is **best**, **worst** and **farthest/furthest**.

Superlative – exceptions:

- If an adjective **ends in -e**, we add **-st**.
- If an adjective **ends in a vowel and a consonant**, we double the consonant, e.g. biggest.

Real-life language:

- Why don't you give it a go?, Come on! You've got nothing to lose!, I feel completely stuck at the moment.



Summary

Vocabulary:

- turning point, to get through something, bucket list, to take a toll on someone, to feel sorry for yourself, on your own, excuse



Vocabulary

turning point

excuse

to get through something

to leave your comfort zone

bucket list

to take its toll on someone

Why don't you give it a go?

Come on! You've got nothing to lose!

I feel completely stuck at the moment.

to feel sorry for yourself

on your own

