



An elderly skydiver celebrates after completing a jump in Serbia

Work in pairs. Look at the photo and discuss the questions.

- 1 How do you think this woman is feeling?
- 2 Have you ever jumped out of a plane?
- 3 Do you think keeping fit is important for people of all ages?
- 4 How much exercise do you do?

3 Reading

identifying key information; matching prompts to text

1 Do you think these things help you to lead or prevent you from leading a healthy life? Give reasons for your answers.

- eating habits exercise friends
- setting goals sleep social networking



2 Work in pairs. Write a list of things that you think people who live to 100 years old might do every day. Then share your list with another pair.

LOOK!

People who are 100 years old are called *centenarians*. Do you know any?

3 Read the article on page 31 quickly. Which of your ideas from Exercise 2 are mentioned?

4 Find these words in the article on page 31. Then complete the sentences with the words.

- agriculture (line 35) generations (line 28)
- homegrown (line 49) inhabitants (line 59)
- local (line 5)

- 1 If you grow fruit and vegetables in your garden, they are called _____.
- 2 In many parts of the world, different _____ of one family often live together.
- 3 The first _____ lived on the island in the late 16th century.
- 4 People like to buy _____ food as they know it hasn't travelled very far.
- 5 Farming and _____ is important as everyone needs to eat.

5 Read the Exam Tip. Then read the Exam Task. Underline the important words in each question.

6 Now complete the Exam Task.

Exam TIP

Identifying key information

- In multiple matching tasks, you need to read a text which is divided into several paragraphs and then match the paragraphs with some questions.
- It's a good idea to read the questions *before* you read the text. In each question, underline the important words. These words will help you identify the information you need to look for.
- Read the text quickly to get a general understanding. Look out for synonyms between the questions and the text.

Exam TASK

Matching prompts to text

You are going to read an article about people who live a long life. For questions 1–10, choose from the paragraphs (A–C). The paragraphs may be chosen more than once.

Which paragraph mentions

- people who refer to three crops as 'three sisters'? 1
- people who stop eating before they feel full? 2
- a special drink that protects against illness? 3
- a plant that grows during a particular season? 4
- how grandparents feel valued by their families? 5
- a similarity to other nearby places? 6
- the value of having a group of friends for life? 7
- families who live with different generations? 8
- people who have a different diet to everyone else? 9
- why a natural resource might be good for stronger bones? 10



- What is your *ikigai*?
- Who would you choose to be in a *moai* with? Why?



The secrets of a long life

An elderly group of singers and dancers in Okinawa

3.1 ▶

There are certain places around the world where people live well into their 90s and often past 100. Why do people living in these locations have a longer **life expectancy** than people elsewhere? And what lessons can we learn from the people living in three of these areas?

A Okinawa, Japan

Okinawans are amongst the world's healthiest people. They eat food that is local and have a diet that is unique to the area. Unlike most Japanese, Okinawans eat very little rice. Most of their diet is plant based and they hardly ever eat meat. They also eat **in moderation**. They have a saying, 'eat until your stomach is 80 per cent full'. In addition to a healthy diet and plenty of exercise, there are two other really important factors in Okinawan culture. These are *moai* and *ikigai*. When children are small, parents put them into groups of five. This group of friends becomes a *moai*. The five friends stay in contact and are always there for each other throughout their lives. *Ikigai* means 'that which makes one's life worth living'. For every Okinawan, this will be different. It could be their grandchildren or their *moai*. Whatever it is, their *ikigai* gives them a purpose in life.

B Nicoya Peninsula, Costa Rica

On the other side of the world in Costa Rica, the people of the Nicoya Peninsula have their own type of *ikigai*. Nicoyans call it *plan de vida* or 'reason to live' and it plays a really important role in Costa Rican culture. These 'reasons' give Nicoyans a real sense of purpose. Different generations within the family often live together and centenarians still provide support and look after children, grandchildren and often great-grandchildren. This makes them feel needed and part of a community. Nicoyans also eat a very healthy diet and often spend their days doing hard, physical work outdoors. They celebrate the 'three sisters' of agriculture which are beans,

squash and corn. Nicoyans grow and eat these crops together and they make up the majority of the well-balanced Nicoyan diet. Interestingly too, there is more **calcium** in the water in Nicoya than anywhere else in the country. Calcium is known to strengthen bones and it might also contribute to fewer cases of heart disease.

C Ikaria, Greece

Eleven thousand miles away from the Nicoyan Peninsula lies Ikaria, a small Greek island in the Aegean Sea. The landscape of Ikaria is similar to many of the other Greek islands, but one difference is that Ikarians often live a lot longer. Again, diet seems to play an important role in the health of the Ikarians. Homegrown vegetables and fresh fruit make up the majority of the Ikarian diet and Ikarians eat a type of leafy spring green called *horta*. In addition, they make a daily tea with herbs that grow on the island and which are known to prevent disease. It's not only eating good food that makes the Ikarians so healthy and free of disease, but also the hard work and physical activity that goes into growing these **staples** that goes a long way to keeping the inhabitants fit, both mentally and physically.



- life expectancy** (n): the length of time that someone is expected to live
- in moderation** not having too much of something
- calcium** (n): a chemical element which is good for bones and teeth
- staples** (n): the main products grown and eaten in a certain place

1 Work in pairs. Tell your partner what you do ...

- if you feel stressed and need to relax.
- if you feel ill or get hurt.
- to improve your fitness.

2 **3.2** Listen. Match the speakers (1–4) with what they talk about (a–d). Then listen again and note down the words that helped you decide on the correct answers.

- | | | |
|-----------|---|-----------------------|
| Speaker 1 | a | training for an event |
| Speaker 2 | b | losing weight |
| Speaker 3 | c | joining a gym |
| Speaker 4 | d | having an operation |

3 Match the words (1–6) with their definition (a–f).

- | | | |
|-------------|---|---|
| 1 recover | a | to give medical care to someone who is ill |
| 2 injury | b | a physical feeling which shows you've got a certain problem |
| 3 treat | c | a person who is being looked after by a doctor |
| 4 symptom | d | to get better, usually after an illness |
| 5 patient | e | a situation where someone needs taking to hospital |
| 6 emergency | f | physical damage to part of your body |

4 Choose the correct words to complete the article.



Yoga for life

Judge Eleni Derke started ¹ *doing / playing* yoga more than 25 years ago after she found out she had a serious ² *temperature / illness*. Eleni was in a lot of ³ *pain / ache* and her doctor wanted her to have an ⁴ *emergency / operation*. However, Eleni wanted to find another way to ⁵ *treat / recover* her illness. Her cousin was a yoga ⁶ *player / instructor* and he taught her some different poses. Many people believe that the different yoga positions help to remove toxins from the body, but as yet, there is no scientific ⁷ *evidence / medicine* to prove this. But for Eleni, she didn't need scientific explanations. She soon started to feel better and her ⁸ *patients / symptoms* started to disappear. Now, not only does Eleni continue to practise yoga for her own ⁹ *illness / health*, she also recommends that criminals take a yoga course while they are in ¹⁰ *hospital / prison*.



When was the last time you were ill?
What did you do to recover?

Present perfect simple and present perfect continuous

1 Read the sentences (1–4) and answer the questions (a–d).

- They **have done** yoga three times this week.
 - They **have been doing** yoga for years.
- Which sentence emphasises how long an action has been in progress?
 - Which sentence tells us the number of times something has happened?
- The students **have done** a project on Okinawa.
 - This week, the students **have been doing** a project on Okinawa.
- Which sentence tells us that the students' project is finished?
 - In which sentence is it unclear if the project is finished or not?

2 Look at the sentences (1–4) in Exercise 1 again. Complete the rules (a–f) with PPS (present perfect simple) or PPC (present perfect continuous).

- We form the _____ with the correct form of *have* and the past participle.
- We form the _____ with the correct form of *have + been + the -ing* form of the main verb.
- We use the _____ for actions and situations that happened at an indefinite time in the past.
- We use the _____ for actions and situations that started in the past and are still in progress or have happened repeatedly up until now.
- We can use the _____ to talk about the number of times something has happened.
- We can use the _____ to emphasise how long an action has been in progress.

▶ Grammar reference 3.1, p163

3 **3.4** Complete the sentences with the present perfect simple or present perfect continuous of the verbs. Then listen and check your answers.

- For many years, people _____ (research) areas of the world with high numbers of centenarians.
- The old man _____ (not see) a doctor for fifty-five years.
- Scientists _____ (develop) new treatments here since the early 2000s.
- The Paleo diet _____ (become) very popular over the past decade.
- Alexei _____ (make) a pot of coffee.

- Eleni Derke _____ (practise) yoga for more than twenty-five years.
- I _____ (sign) a contract at the gym and my first session is at three o'clock today.
- Tina _____ (go) to exercise classes since the start of the year.

for, since, lately, already, yet and still

4 Read the sentences and underline the time expressions.

- Hani has been running marathons since 2015.
- I've been feeling really under the weather lately.
- Have you finished your exercise programme yet?
- He's been doing yoga every day for a few weeks.
- She's already lost more than six kilos in weight.
- She still hasn't bought any gym equipment.
- They haven't started training for the event yet.

5 Complete the rules (a–f) using the time expressions from Exercise 4.

- We use _____ at the end of a question with the present perfect. We also use it in a negative sentence to show that we're expecting something to happen soon.
- We use _____ to show how long a present situation has lasted.
- We use _____ to show when something started.
- We use _____ with the present perfect to mean 'recently'.
- We use _____ with the present perfect in a negative sentence to show that something hasn't happened but we expect it to.
- We use _____ with the present perfect to mean 'at some time before now'.

▶ Grammar reference 3.2, p164

6 Complete the sentences with these words.

already for lately since still yet

- Annie has been doing a lot of exercise _____.
- I've _____ had the test results. They emailed them yesterday.
- She's been training with an instructor _____ a month.
- Have you been to the new swimming pool _____?
- No, I _____ haven't had time to go there.
- I haven't eaten meat _____ 2012.

3 Listening

thinking about the missing words; complete the sentences

1 3.5 Listen and tick the numbers you hear.

- | | | |
|------------|--------------|--------------|
| 1 a 1/6 | b 1/60 | c 1/16 |
| 2 a 7% | b 17% | c 70% |
| 3 a 15,000 | b 15,000,000 | c 50,000,000 |
| 4 a 2,300 | b 2,030 | c 3,200 |
| 5 a 1798 | b 1978 | c 1878 |
| 6 a first | b fourth | c fifth |
| 7 a 20.42 | b 2042 | c 20,042 |
| 8 a 7.3 | b 73 | c 703 |

2 3.6 Listen to some facts about health and fitness. Are the sentences true (T) or false (F)?

- About 19 per cent of Americans have too much salt in their diet.
- In the 1970s, only four per cent of children in the USA were overweight.
- It takes about 28 days to break a bad habit.
- You need to walk for 22 minutes to burn off the calories in a bar of chocolate.
- More than 300 million people worldwide have diabetes.
- The average life expectancy across the world is 82.

3 3.6 Listen again and correct the false information in Exercise 2.

4 Read the Exam Tip. Then read the Exam Task. What type of information is missing in each gap?

Exam TIP

Thinking about the missing words

- Read the questions all the way through to get an idea of what the listening will be about.
- Think about possible answers for the gaps before you listen.
- Look at the words before and after each gap. What type of word fits (e.g. noun, verb, adjective)?
- You won't have to write any more than three words in each gap. If the answer is a number or a date, write it in figures, e.g. 540, 2018.

5 3.7 Now listen and complete the Exam Task.

Exam TASK

Complete the sentences

You will hear someone talking about how buildings can affect our health. For questions 1–10, complete the sentences with a **word or short phrase**.

- Nowadays, about _____ of our time is spent indoors.
- 'Sick building syndrome' is an _____ where the building you are in can affect your health.
- Some of the _____ of sick building syndrome are headaches, coughs and extreme tiredness.
- A damp or polluted building can be _____ for a person's illness.
- One group of people wants to _____ awareness of unhealthy buildings.
- Architects and building designers are now trying to make buildings _____ for people to live and work in.
- _____ quality, noise and lighting can all affect people's health.
- Two major causes of serious illnesses nowadays are poor diet and _____.
- _____ in buildings helps people to be healthier by making them more active.
- In Sweden, _____ have been made to look like a piano.



Etsy's 'living building' headquarters in New York City

Speaking

describing similarities and differences; photo description

1 Look at this list of activities which people could do to reduce stress. Number them in order of how helpful they are in your opinion (1 = the most helpful, 8 = the least helpful).

- | | |
|--|--|
| <input type="checkbox"/> doing housework | <input type="checkbox"/> breathing exercises |
| <input type="checkbox"/> doing yoga | <input type="checkbox"/> chatting with friends |
| <input type="checkbox"/> singing | <input type="checkbox"/> shopping |
| <input type="checkbox"/> reading | <input type="checkbox"/> playing a game |

2 Work in pairs. Discuss the questions.

- Are your answers to Exercise 1 similar or different? Why do you think this is?
- What other things would you add to the list?

3 Look at the photos. Discuss them with a partner. Use the questions and some of these words.

activity	effect	health	indoors
outdoors	relax	stress	

- What are the similarities between the photos?
- What are the differences between the photos?
- What are some of the problems with what's happening in photo A?
- What are some of the benefits with what's happening in photo B?



4 Read the Exam Tip. Then read the Exam Task. What is the difference between describing something and comparing something?

5 Now work in pairs and complete the Exam Task. Take turns to compare and talk about your photos. Use the Useful Language to help you.

Exam TIP

Describing similarities and differences

- In this part of the test, you need to compare and talk about two photos.
- Don't just describe the photos. If you *describe* something, you simply say what you can see. If you *compare* something with something else, you talk about the similarities and differences.
- Listen carefully to what your partner says. This can often give you more ideas.
- Look closely at the photos to see what is the same and what is different.

Exam TASK

Photo description

Student A: Turn to page 176. You will see two photos. They show people doing different things to relax. Compare the photos and say why you think each person has chosen to do that activity.

Student B: Turn to page 177. You will see two photos. They show people eating dinner. Compare the people, situation and food in each photo and say which you think would be better for you and why.

Useful LANGUAGE

Making comparisons

In this photo ..., whereas / while / but in ...
 In the other photo ...
 Both photos show ...
 Neither photo shows ...
 The main difference / similarity is ...
 In contrast ...
 On the other hand, ...
 He / She is more ... than ...

your ideas

- Do you think younger people get more stressed than older people? Why? / Why not?
- Many people say that 'laughter is the best medicine'. Why do you think this is? Do you agree?

Countable and uncountable nouns

1 Read the sentences (1–2). Then complete the rules (a–b) with **countable** and **uncountable**.

- I did twenty **star jumps** and skipped for fifteen minutes.
- I always include some **exercise** in my day, even if I haven't got much time.

- a _____ nouns refer to separate items. They can be singular and plural.
- b _____ nouns refer to abstract ideas or things that cannot be counted. They do not have a plural form.

▶ Grammar reference 3.3, p165

2 Look at the advice in a doctor's surgery. Complete the table with the nouns in bold.

In winter, **people** often suffer from colds and the flu. Our **advice** is as follows:

- Drink plenty of **water** with **honey** and lemon.
- Make sure you stay warm and get plenty of **rest**.
- Always sneeze into a **tissue** and cover your **mouth** when you cough.
- Always wash your **hands** well with **soap** and water.
- In an **emergency**, call 999.

Countable nouns	Uncountable nouns

3 Some nouns can be both countable and uncountable depending on their meaning. How is the meaning of **room** different in these sentences?

- There isn't room for all of us in the car.
- This is the most expensive room in the hotel.

4 Tick the nouns which can be both countable and uncountable.

- | | |
|---------------|------------|
| 1 centenarian | 4 culture |
| 2 experience | 5 health |
| 3 activity | 6 headache |

5 **3.8** Complete the sentences with the correct form of the words from Exercise 4. Then listen and check your answers.

- We had some wonderful _____ during our time in Greece.
- Human _____ is one of the main reasons for climate change.
- The Ikarian and Nicoyan _____ are fairly similar.
- I don't know any _____. Do you?
- I've got the flu. I've got a _____ and a really sore throat.
- A poor diet can have a major impact on your _____.

6 Look at the sentences in Exercise 5 again. Are the words you wrote countable (C) or uncountable (U)?

Quantifiers

7 Read the sentences (1–4). Then complete the rules (a–b) with **much**, **many**, **a little** and **a few**.

- There aren't **many** calories in this dessert.
- About 90 per cent of Americans have **too much** salt in their diet.
- My grandfather needs **a little** help to climb the stairs.
- We grow **a few** vegetables in our garden.

A *lot of* and *lots of* can be used with both countable and uncountable nouns.

- a _____ and _____ are used with countable nouns.
- b _____ and _____ are used with uncountable nouns.

LOOK!

Much and *many* can usually only be used in questions and negative sentences.

▶ Grammar reference 3.4, p165

8 Complete the sentences with **much**, **many**, **a little** or **a few**.

- How _____ time do you spend at the gym?
- I can only do _____ exercise before my knees start to hurt.
- I always keep _____ chocolate in my bag!
- I didn't eat too _____ biscuits, I promise!
- I usually add _____ sugar to my coffee.
- Have you got _____ minutes to help me, please?

Prepositions

1 Complete the sentences with these prepositions. Some prepositions can be used more than once.

against of on over to

- You can take this medicine to protect you _____ malaria when there are mosquitoes.
- I'm working _____ my fitness this year because I've signed up to run a marathon.
- Lack of activity is a major factor that contributes _____ a shorter life expectancy.
- Many Ikarians live to _____ 100 years old because of their healthy lifestyle.
- If you consume too many sugary drinks, you could be at risk _____ tooth decay.
- How long you live will depend _____ many things.
- Are you a member _____ a gym?
- If you want to get stronger, you should focus _____ lifting weights.

Idioms

2 Match the idioms (1–6) with the correct meaning (a–f).

- My grandmother is in her nineties, but she's **fit as a fiddle**.
 - Sven was very ill after the accident, but he's definitely **on the mend** now.
 - Having a cold can make you feel really **under the weather**.
 - The operation on his knee gave him a new **lease of life**.
 - I felt like I was **on my last legs** after running a marathon.
 - It's important to take time out in order to **recharge your batteries**.
- a regain energy d starting to feel better
b unwell e feeling very weak
c very fit and well f a chance of better health

3 Read the Exam Tip. Then complete the Exam Task.

Exam TIP

Checking your sentences make sense

- In sentence transformation tasks, make sure you re-read your new sentence and check it for meaning.
- Make sure that you have used the given word and that you haven't changed it.
- Your new sentence must have the same meaning as the first sentence. Compare the two sentences and check that they both mean the same.

Exam TASK

Sentence transformation

For questions 1–6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between **two** and **five** words, including the given word.

- I wasn't able to give much attention to the news because I was very tired.

FOCUS

I couldn't really _____ the news because I was very tired.

- According to his dad, Piotr is feeling much better now.

MEND

Piotr's dad said that he is definitely _____ now.

- Some factors for a long and happy life are good friends, physical activity and a healthy diet.

CONTRIBUTE

Good friends, physical activity and a healthy diet are some of the things that can _____ a long and happy life.

- I did very little exercise last week because I was under the weather.

MUCH

I was under the weather last week, so I _____ exercise.

- You cannot rely on only being naturally healthy if you want to live past 100.

DEPEND

Being naturally healthy isn't the only thing you can _____ if you want to live past 100.

- By the time she had finished the race, she was absolutely exhausted.

LEGS

She _____ by the time she had finished the race.



- How do you recharge your batteries?
- When did you last feel as if you were on your last legs? What were you doing?

Learning FOCUS

Giving advice

When you want to give advice in your writing, it's important to use language that will make the reader trust you.

- Encourage the reader by using a light-hearted tone that makes the reader feel you are making helpful suggestions rather than telling them what to do.
- If you are very critical in your opinions, the reader is unlikely to follow your advice.
- Introduce advice with these structures and expressions: *Don't worry if you ...*, *Try to make sure you ...*, *Try / Don't try + full infinitive or noun ...*, *You could always ...*, *Why don't you ...*, *Think about ... + verb + -ing*.

1 Read the Learning Focus box. Then read the advice. Which advice would you follow? Which wouldn't you follow? Why?

▼ I want to get fitter. How should I start?

- ▲ Aim to run about 3 km a week. Everyone can easily do this.
- ▲ Think about setting yourself realistic goals that work for you.
- ▲ Don't worry if you don't do everything on your training plan. It's normal to miss a few sessions!
- ▲ Try to add in a bit more exercise wherever you can in your daily routine. Every step adds up!
- ▲ You must always work out in the mornings.
- ▲ Why don't you write your goals on a piece of paper that you can look at every day?
- ▲ You must feel pain when you're working out otherwise there's no point going to the gym.

2 Imagine your friend has asked you for some advice. Look at these questions and write a piece of advice for each one. Use the structures and expressions in the Learning Focus box.

- 1 How can I make more time for exercise?
- 2 How can I stop eating sugary snacks and sweets between meals?
- 3 How can I reduce my screen time? I know I play computer games for too long, but I can't stop.
- 4 What should I do to get outside more?
- 5 What small things can I do to improve my fitness?
- 6 Should I completely give up eating junk food?
- 7 What can I do to sleep better at night?
- 8 I heard it's better to exercise with others. I'm not fit, so where do I start?

3 Work in pairs. Discuss your answers to Exercise 2. Did you find any of your partner's suggestions useful for you?

4 Read the writing task. Are the sentences (1–4) true (T) or false (F)?

What are some of the best ways to prevent coughs and colds? What are some of the things we can do every day? Write an article for the school website giving your advice. We will publish the best advice next month.

- 1 You should include advice about preventing illness.
- 2 You should include advice about general health.
- 3 The advice will be read by people your age.
- 4 The advice will be put on posters around the school.

5 Complete a student's answer to the task in Exercise 4 with these phrases.

don't forget don't worry make sure
shouldn't try to why not

Common sense fights the common cold

Do you suffer from coughs and colds, especially in winter? Here are some useful tips to help prevent feeling under the weather.

Firstly, a healthy diet can help to stop you getting ill. But you ¹ _____ wait until you're ill to take action! ² _____ make a change today? You could do something to improve your diet, like eating more fruit and vegetables. Not only will this help to prevent you getting ill, but it will also help you recover more quickly.

Secondly, it's very important to get enough sleep. ³ _____ get about eight hours every night and ⁴ _____ to turn off phones and screens at least an hour before you go to bed.

Lastly, exercise is very important too. ⁵ _____ if you can't run a long way – or you hate going to the gym. Just ⁶ _____ you do something every day to keep yourself fit, even if it's only for fifteen minutes.

Follow these simple rules and you'll be well all winter!

6 Read the article in Exercise 5 again. Do you agree with the writer's advice? Why? / Why not?

7 Look at the Useful Language and complete the paragraph.

If you're suffering from stress, it's important to take some time out to recharge your ¹ _____. Try to stay ² _____ by doing some exercise every day. Exercise is excellent for you physically and mentally. In addition, make sure you're eating good, healthy food. A Mediterranean ³ _____ is full of fresh fruit and vegetables. Make good ⁴ _____ and you'll soon be as ⁵ _____ as a fiddle.

8 Read the Exam Tip. Then read the Exam Task and make some notes about your ideas. How many things should you write about in the article?

9 Now complete the Exam Task. Write your answer in 140–190 words. Use the Useful Language and remember to give reasons that justify your advice.

Exam TIP

Giving effective advice

- If a writing task asks you to give advice, it's important to make suggestions and not give orders. Make sure the tone of your advice is friendly and positive.
- Give clear reasons for your advice to make your ideas more convincing. Don't focus on the possible negative result of your reader not taking your advice. Always focus on the positive result.

Exam TASK

Writing an article

You read this announcement on a health and fitness blog:

Articles wanted

What's the best advice you can give to someone who wants to live to be 100? What would you suggest they do in terms of lifestyle, physical activity and diet?

The best articles will be published on our blog next month.

Write your article.

Useful LANGUAGE

Describing lifestyle

fit as a fiddle
natural remedies
prevention is better than cure
recharge your batteries
reduce stress

Healthy activities

be active
increase your strength
burn calories
control your weight
get / stay fit / in shape
warm up

Describing food and diet

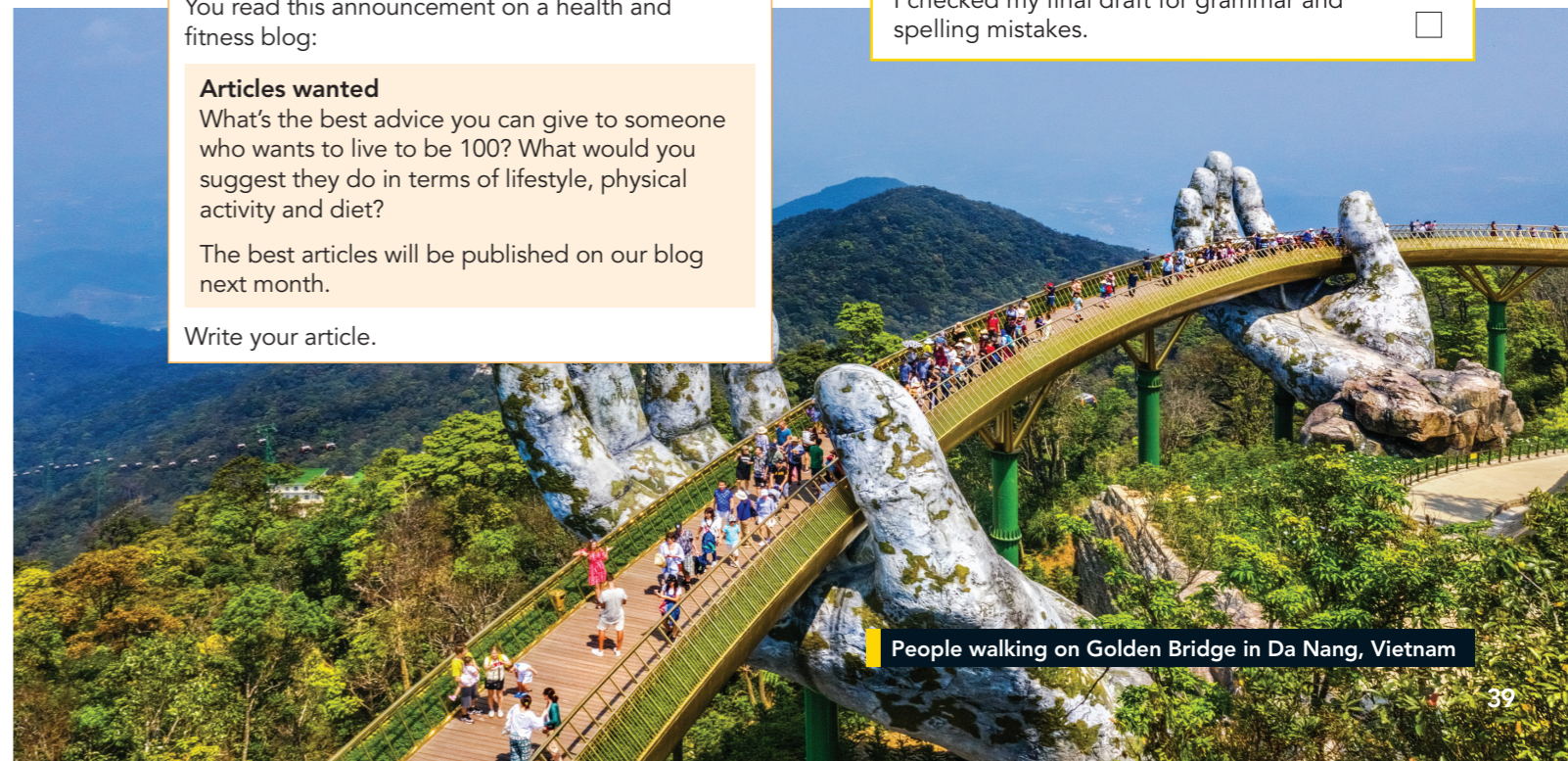
a balanced diet
a Mediterranean / vegetarian / vegan diet
drink plenty of water
eat organic food
make good choices

10 Complete the Reflection Checklist. Then exchange your article with a partner and discuss your answers.

REFLECTION CHECKLIST

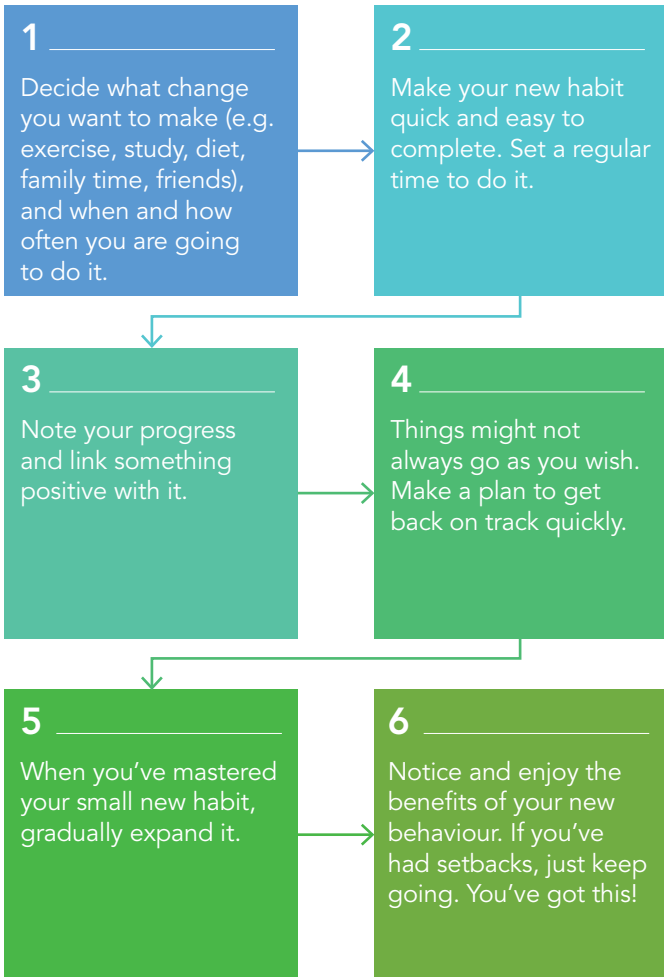
How did you do? Tick ✓ the sentences that you think are true.

- I clearly stated my advice.
- I clearly stated reasons why the reader should follow my advice.
- I focused on a positive outcome.
- I checked my final draft for grammar and spelling mistakes.



People walking on Golden Bridge in Da Nang, Vietnam

Six steps to a positive habit



1 Look at the infographic. Match the steps (1–6) with these headings (a–f)

- a Acknowledge success
- b Decide on your goal
- c Expand it
- d Make it manageable
- e Prepare for setbacks
- f Reward yourself

2 Work in pairs. Discuss the questions.

- Which is the most important step in the process, do you think? Why?
- What negative thoughts, if any, did you have when you read the advice?
- Have you ever successfully managed to create a new habit? If so, how did you do it?
- Do you think it's easier to fall into bad habits rather than good habits? Why? / Why not?

3 People often start a new behaviour but don't manage to make it a habit. With your partner, discuss why you think this is.

4 Read the Mind your Mind information. Do the tips make you feel differently about your ability to form positive new habits?

Mind your Mind



Challenging limiting beliefs

- It's important to really believe in your ability to change.
- Notice any negative thoughts you have, e.g. 'I'm unlikely to succeed.'
- Turn these thoughts into positive questions, e.g. 'What have I succeeded at in the past? How could I succeed now? What do I need to help me do this? What benefits would there be if I *did* succeed?'
- Our brains respond to suggestion and repetition. Write positive statements such as, 'I've succeeded at lots of things in my life,' or 'My action plan will bring success' and put them somewhere you will see them every day.

5 Think of something you want to achieve. Answer the four positive questions in Mind your Mind. Then discuss your answers with a partner.

PROJECT 1

Work in pairs. Imagine that two weeks ago a friend decided to limit their screen time to one hour a day. However, within three days they had failed. Prepare a plan to help them succeed.

Think about:

- what practical steps will help them
 - possible setbacks and how to deal with them
 - how you might be able to support them personally.
- Is there anything in the plan you could apply to your own life?

PROJECT 2

Using the infographic, draw a plan of action for something you want to change in your daily life.

Think about:

- the six main steps that you will need to take
- when you aim to be fully in the new routine.

Share your plan with a partner. Report back to them on your progress in two weeks' time.

Useful LANGUAGE

Let's break it down into smaller steps ...

A good idea is to ...

One thing that might be particularly helpful is ...

Remember / Don't forget that ...

I've decided that I'd really like to ...

The stages I'm going to follow are ...

The first / second / next thing I will do is ...

In two weeks' time I aim to have ...

your
project