

INTERMEDIATE UNIT 6

1 OVERVIEW: Watch the video. Which person do you have most in common with?

2 Read and complete the words in Pasha's introduction. Then watch the video from 0:10–0:21 and check your answers.

Hello. I'm ¹i n a really ²g ___ mood today.
The ³s ___ is out and that ⁴a _____ brings
a ⁵s _____ to my face. How are you
⁶f _____ today?



Glossary: *in a good mood* = feel happy; *bring a smile to your face* = make you smile

3 *How are you feeling today?* Check the meaning of any unknown words in the box in a dictionary. Then watch the video from 0:21–1:06 and tick (✓) the answers you hear. What are the FOUR words or phrases that you don't hear?

pretty good excited a good day worried really good really amazing stressed
well balanced and optimistic distressed quite happy and confident exhausted very happy, very relaxed

4 Look at the people below and read more about how they are feeling 1–6. Then watch the video from 0:21–1:06 again and match the feelings to the reasons a–g below. There is ONE extra reason that you do not need.



Dee

1 Dee's feeling stressed c



Tracey

2 Tracey's feeling excited because she _____



Paul

3 Paul's feeling happy and relaxed because he _____



Charlie

4 Charlie's feeling well balanced and confident because he _____



Mark

5 Mark says it's a good day because he _____



Elizabeth

6 Elizabeth's feeling really good because _____

- a) had a good start to the day.
- b) it's a beautiful day and she's wandering around London.
- c) due to a lot of work.
- d) has come from New York to visit London.
- e) they're having a fun time.
- f) and his wife are having a day off today.
- g) is doing a documentary on film for a school project.

Glossary: *due to* = because of
to wander = walk slowly with no particular purpose
a day off = not go to work

5 Would you describe yourself as an optimist or a pessimist? Watch the video from 1:09–2:06. Underline the correct answer for each person.

- | | |
|--------------------------------------|-------------------------------|
| 1 <u>optimist</u> / pessimist / both | 5 optimist / pessimist / both |
| 2 optimist / pessimist / both | 6 optimist / pessimist / both |
| 3 optimist / pessimist / both | 7 optimist / pessimist / both |
| 4 optimist / pessimist / both | |

6 Look at the people in the pictures and read their answers. Then watch the video from 1:11–2:07 and tick (✓) what they say.



Dee

- 1a) ... it's best to think what you can do and not what you could've done. ✓
 b) ... it's best to do what you can and not what you could've done.



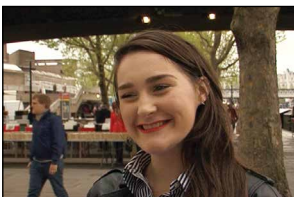
Graham

- 2a) I don't expect bad, you know, disasters or to be let down in things.
 b) I don't expect bad, you know, disasters to happen or to be let down in things.



Charlie

- 3a) I mean, I am pretty optimistic about my ... myself.
 b) I mean, I am an optimist about my ... myself.



Brogan

- 4a) Whenever I get in a tricky situation, I always get a bit frustrated at first ...
 b) Whenever I get in a tricky situation, I might get a bit frustrated at first ...
 5a) ... but I always manage to pull myself through and think of the positives.
 b) ... but I always manage to pull myself through and think positive.



Paul

- 6a) I do tend to plan and cater for the worst case, but more often than not, I'm then happily surprised when things go well.
 b) I tend to plan and cater for the worst case, but more often than not, I'm happily surprised when things go well.

Glossary: *disaster* = a very bad event
to let down = not do something you promised to do
whenever = every time
tricky = difficult
frustrated = angry or impatient because you can't do what you want to do
tend to = be likely to do/often do
cater = be prepared

? What's the best thing that's happened to you this year? Watch the video from 2:07–3:17 and cross out the incorrect answer, a, b or c.



Paul

- 1** The success of the business he opened ...
- a) with his wife.
 - b) ~~in London.~~
 - c) last June.



Graham

- 2** The successes he's had ...
- a) in the garden.
 - b) growing flowers.
 - c) growing fruit.



Tracey

- 3** She went to Canada ...
- a) with her father.
 - b) two weeks ago.
 - c) and saw lots of amazing sights.



Elizabeth

- 4** She got a job ...
- a) as a trainee solicitor.
 - b) which she's very excited about.
 - c) and it was easy to do.

- 8 THE WAY WE SPEAK:** Would you describe yourself as an optimist or a pessimist? Watch the video from 1:10–2:06 and complete the responses.



Graham

- 1 I *think* I am an optimist. I think _____ I look on the bright side. I _____ I see the best in people.



Charlie

- 2 I _____ I swing between the two. I _____, I am pretty optimistic about my ... myself.



Paul

- 3 I _____ myself to be more of a 'functional pessimist'.



Elizabeth

- 4 _____ an optimist, but I _____ be realistic about things and then I'm not disappointed.

Glossary: *look on the bright side* = be optimistic/see the positive things
swing = move from one side to the other
'functional pessimist' = a person who plans for/expects bad things to happen

- 9 PERSONALISATION:** Write *your* answers to the questions.

- 1 How are you feeling today? Why?

- 2 Would you describe yourself as an optimist, or a pessimist? Why?

- 3 What's the best thing that's happened to you this year?
