LET'S FACE CHANGE...

Before reading

1. Discuss these questions.

a. How do you usually react to change?

b. To what extent do you agree with the quotes below?

I love changes! Life would be too boring if nothing new happened...

Changes freak me out! I like my life the way it is...

Changes make me feel anxious at the beginning. Once I get used to them, I feel better.

Both good and bad changes are necessary to evolve as human beings.

LIVEWORKSHEETS

2. What does change mean to you? Write a definition.

While reading

3. Read the definition of "change" from this infographic https://tinyurl.com/4r2su47c and compare it with your own in exercise 2. What are their differences and similarities?

4. Why are we so afraid of change?

5. Put these events in order. Then, check your answers in the first part of the infographic.

- [ ] The stress caused by a big change triggers our bodies to release fight or flight chemicals and hormones.
- [ ] Even when a change is positive, the adjustments cause feelings of stress and a loss of control.
- [ ] These fight or flight chemicals can elevate the heart rate, suppress the digestive and immune systems and increase blood flow.

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6. Read "The power of uncertainty" section and choose the sentence that best summarizes the idea.

a. Our brains feel threatened by stress. ☐

b. Stress is mainly caused by change. ☐

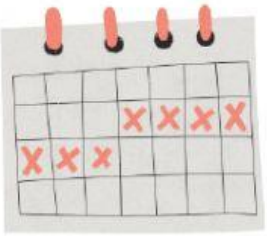
c. Uncertainty brings about stress. ☐

7. You will read 9 strategies to help you cope with change.
Use these images to predict what they might be about.

1



2



3



4



5



6



7



8



9



LIVEWORKSHEETS

8. Read the "9 strategies to help you cope with change" section and check your predictions.

After reading

9. Discuss these questions.

a. What did you find interesting about the infographic?

b. What information do you doubt?

c. What information would you like to share? Who with? Why?

10. Read the 9 strategies again and complete the chart below. Explain your choices.

I'd like to try it out!	I usually do it.	I've done it and...	I wouldn't do it!

11. What other strategies do you usually apply that weren't mentioned in the infographic?

Focus on lexis

12. Read these excerpts from the infographic.

1 So, how can you ensure this fear of change doesn't **hold** you **back**?

2 Try out these strategies when life **throws** you **a curveball**.

3 **Getting a handle on** this can help put things in perspective.

4 **Seek out** an online community of people going through similar

5 Develop small routines to **keep** you **grounded**.

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13. Match the phrasal verbs and idioms in bold from exercise 12 with their definitions below.

a. To search for and find **[**someone or something**]** ☐

b. Understanding and being able to deal with **[**something**]**. ☐

c. To have the ability to stay mentally and emotionally stable. ☐

d. To present **[**someone**]** with a difficult and unexpected problem, situation, question, etc. ☐

e. To prevent or restrict the progress or development of someone or something. ☐

Follow-up tasks

14. Business focus: How do you personally react to change? Try this quiz https://tinyurl.com/4bd2nbbu and find out! Share the results with your classmates / teacher.

15. Watch this short ad called called let's face change https://tinyurl.com/2p9d6b2v until 01:16' and answer.

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a. What is the purpose of the video?

b. What do the statistics show?

c. Does it portray an optimistic view of the topic? Why? Why not?

d. How do you think it will end?

16. Finish watching the video and check your predictions.

- How did the commercial make you feel? What aspects worked well, and which didn't [storyline, photogtaphy, music, etc...]?

- Did the commercial appear credible to you? Why? Why not?

- What good insights into life are there in the commercial? What does it get wrong? How might it affect viewers?

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