1a Reading & Vocabulary

Reading

1 What does the title of the text mean? How would you start a conversation with someone you don't know? Read and check.

2 Read the text and mark the sentences 1-7, *T* (True), *F* (False) or *DS* (Doesn't Say). Correct the false sentences. Explain the words in bold.

1 Breaking the ice means saying or doing something to start feeling relaxed with a new person.
2 People feel uncomfortable when meeting someone new because they cannot predict their reactions.
3 Some people don't have any passions.
4 When you meet someone for the first time, it's better to look serious.
5 Confident people don't postpone things.
6 When you start a conversation, talk a lot about yourself.
7 If you feel uncomfortable with new people, avoid being around them.

study skills

Reading effectively

The author's purpose is the reason for writing the passage. This could be to entertain, persuade, inform, advise, narrate or describe. Recognising the author's purpose will help you understand the content of the text better.

3 Listen and read the text again. What is the author's purpose? Discuss in pairs.

The new girl in your class seems very interesting and you would like to get to know her better. The guy at the skate park does some amazing tricks and you would like him to show you how. But, whenever the **opportunity** to talk to them comes up, you can't think of anything to say. Your palms sweat, you **blush**, and you look away.

Whether you are starting a new school, going to a party where you don't know anyone or want to **approach** a person you **fancy**, you often need to break the ice in order to start a friendly conversation. Breaking the ice means saying or doing something to stop **feeling** shy or uncomfortable around someone you don't know very well. The reason you feel this way is that you don't know how the other person will react, but don't let it get you down.

You shouldn't worry. Almost everyone **feels** uncomfortable when they first meet other people. If you feel this way, the following tips can help you out.

Smile. When you smile, people think you are friendly and easy to talk to. They are also very likely to smile back and help you feel more comfortable about starting a conversation.

Develop passions. The best way to have interesting conversations is to be an interesting person! Get involved in activities and talk about them. Make sure you have something to add to a conversation.

Be positive. Everybody likes to be around happy people. Try to always look on the **bright** side of life and to see something positive even in negative situations. People will enjoy your positive energy and **benefit** from it. Also, be confident. If you like yourself, others will probably like you too.

Be a good listener. **Develop** listening skills. Don't take over the conversation and don't only speak about yourself. Ask other people questions about themselves too. This way they'll know you're interested in them.

Get out there. Don't **avoid** being around new people just because you feel uncomfortable. If you stay in a situation, you'll get used to it. It's not easy, but it's worth it. After all, the other person may want to talk to you as well – but be too shy to break the ice!

LIVEWORKSHEETS

4 Explain the words in bold. Choose some to complete the sentences.

1 Laura's very shy. She always ..... when people talk to her.
2 I think Andy ..... Kim. He's always staring at her in class.
3 We ..... from what he said to us, as his advice helped us.
4 You shouldn't ..... talking to people you don't know.

Vocabulary

Character adjectives

5 Read the descriptions. List the adjectives in bold as positive/ negative.

1 Tony's **optimistic**. He always looks on the bright side of life.
2 Fred's **sensitive** and caring. He always understands how others feel, always stays calm and doesn't get annoyed with people easily. He worries a lot about what others think of him.
3 Claire's **patient**. She manages to stay calm in difficult situations.
4 Bob's **easy-going** and **sociable**. He rarely gets upset and he likes meeting people.
5 Ann's **honest** and **reliable**. You can trust her and she always does what she says she will do.
6 Sue's **stubborn**. She always wants to do things her own way.
7 Tony's **selfish**. He doesn't care about other people's feelings.
8 Bill's **shy**. He doesn't feel comfortable with people.

6 Match the adjectives to their opposites. Listen and check.

1		optimistic	a confident
2		shy	b generous
3		selfish	c pessimistic
4		reliable	d flexible
5		stubborn	e unreliable
6		sincere	f unsociable
7		sensitive	g irritable
8		sociable	h impatient
9		patient	i insincere
10		easy-going	j insensitive

7 Listen and match each person to the adjectives that best describe each.

1 Ann 2 Sue 3 Billy

sociable sensitive patient stubborn honest selfish reliable shy

8 Which of the adjectives in Exs. 5 & 6 best describe you? Is there a quality you don't have but would like to have? Discuss in pairs.

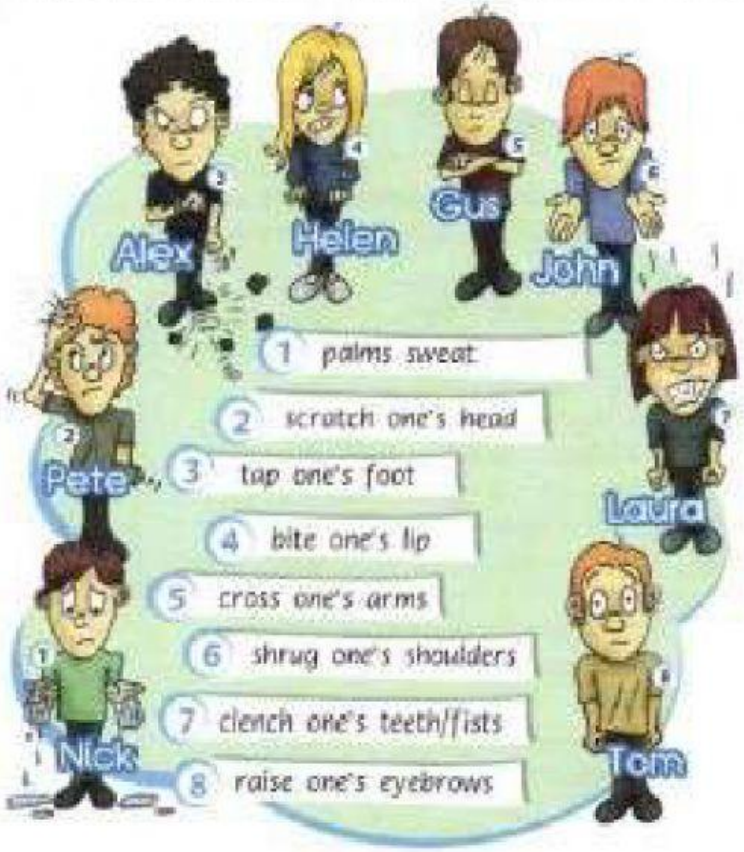
► *A: I'm sociable and honest. I'd like to be more patient. And you?*
B: I'm quite patient but I'd like to be more confident.

Body language

9 What feelings do the actions in the pictures 1-8 suggest? Choose from the list. Make sentences, as in the example.

• nervous • furious • surprised • impatient • bored • unsure • worried • puzzled

► *Nick's palms are sweating. He seems to be nervous./He looks nervous.*



10 THINK! Say three things you found interesting in the text. How could they help you when you meet new people?

► *To break the ice you can smile at the new person. Then, ...*

LIVEWORKSHEETS