

20000 – 1205: English in Workplace Activity Sheet

Name: _____ No: _____ Class: _____

Objective: In this class, students will learn about public holidays, holidays, and vacation and how they affect workers' schedule.

Activity 1: Read the following passage: How Holidays Affect Workers and answer the questions.

Holidays can have both positive and negative effects on workers.

Positive effects include improved mental health, with time to rest and recover from work stress, leading to better productivity and morale. Well-rested employees are often more focused, make fewer mistakes, and feel more loyal to their employer.

Negative effects include disruptions to workflow, as projects may be delayed, and a backlog of tasks can cause stress. Some workers may face financial strain if holidays are unpaid, and those who must work on holidays may experience burnout or resentment. Additionally, uneven distribution of holiday time can create workplace tension. Overall, holidays support well-being but can also pose logistical challenges.

1. Holidays improve workers' mental health by allowing them to rest and recover from stress. (True/False)
2. Taking a holiday always leads to a decrease in productivity and quality of work. (True/False)
3. Workers who return from holidays are often more focused and make fewer mistakes. (True/False)
4. Working during holidays can lead to increased job satisfaction and improved morale. (True/False)
5. Some workers may experience financial strain if holidays are unpaid. (True/False)
6. Disruptions caused by holidays rarely create a backlog of tasks. (True/False)
7. Uneven distribution of holiday time can lead to workplace tension. (True/False)
8. Employees who are well-rested are less likely to experience burnout. (True/False)

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Activity 2: Read the following passage and answer the questions.



Songkran Day is Thailand's traditional New Year celebration, usually held from April 13 to 15. The holiday is known for its lively water fights, where people splash water on each other in the streets, symbolizing the washing away of bad luck and sins. Songkran is also a time for family reunions, visiting temples, and paying respects to elders. The festival includes cultural rituals, such as the pouring of water over Buddha statues for blessings. Songkran is a fun and festive time that blends tradition with modern celebrations.

1. When is Thailand's Songkran Day celebrated?

2. What is the significance of the water fights during Songkran?

3. What cultural rituals are observed during Songkran?

4. Who do people visit and pay respects to during Songkran?

5. What activities are commonly associated with Songkran celebrations?

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Christmas is a time of celebration and joy, but it can also affect workers in different ways. Many employees enjoy time off to spend with family and friends, which helps improve their well-being and work-life balance. However, in industries like retail, healthcare, and hospitality, workers may need to work during the holiday season, often with extra shifts or overtime. For these workers, Christmas can bring added stress, but also the benefit of holiday pay. Overall, while Christmas offers rest for many, it also highlights the dedication of those who continue to work during the holiday season.

1. How does Christmas affect workers' well-being and work-life balance?

2. Which industries are mentioned where workers may have to work during Christmas?

3. What are some challenges workers face during Christmas if they have to work?

4. What benefits might workers receive if they work during the Christmas season?

5. What does the passage highlight about workers who continue working during Christmas?.
