

Wind of Change

VOCABULARY

Grade 11 - Unit 5 - Lesson 1 - p. 96

8 Fill in the blanks with the appropriate phrasal verbs in the correct form.

come up with

plan out

settle into

write down

look for

1. I'm struggling to _____ a normal routine after studying day and night for a whole year.
2. I've _____ the day – some shopping, then a meal and a show.
3. If I don't _____ it _____, I forget it.
4. After the first plan was rejected, I _____ another one.
5. She is currently _____ a better job.



9 Choose a verb from the list below to complete each sentence. Use the verbs in the required form.

provide

ride

raise

tackle

lift

keep

follow

develop

1. There are many ways of _____ this problem.
2. To help you make the right decisions, _____ the steps below.
3. Good relationships can _____ emotional support.
4. You should _____ in mind that everyone makes mistakes.
5. Young people need to _____ skills of cooperation and communication.
6. It is important to _____ people's awareness of the importance of having a healthy diet.
7. Laughter _____ people's mood and makes them more cheerful.
8. _____ a bike can keep your spirits up.

10 Paraphrase the underlined parts. Use a dictionary if necessary.

1. Sport can help you to keep your spirits up.
2. He never gave the impression that it got him down, but it was very hard for him, I'm sure.
3. She is into sports, just like Alex.
4. Regular exercise gives people a feeling of well-being.
5. It's important to have someone you can confide in.

11 Fill in prepositions.

1. People don't like to get _____ their comfort zones.
2. The situation is _____ control.
3. It is important to know what things are _____ your control and what things are _____ your control.
4. Unfortunately, she doesn't have any control _____ that child.
5. The company was slow to make the transition _____ paper _____ computer.
6. _____ present, people are _____ more pressure than their ancestors were.



LISTENING

12 You are going to listen to a podcast on *How to transition through change*. Name the 3 strategies the expert suggests. Say which one works best for you. Why?

13 Listen to the recording again and complete the infographic on this page.

14 In pairs, discuss the meaning of the last sentence in the podcast. What can you notice about the way people could express regrets?

