

Lesson 2

Add a Pinch of a Positive Attitude

A. Speaking



1. Discuss with your partner the meaning of this phrase:

“The power of positive thinking is remarkable”
Brian Tracy

- a. Do you agree with the phrase? Why?
- b. What happens when you have a positive attitude in life?

B. Reading: Positive Thinking

1. Read the following extract from the blog **The Power of Positive Thinking: How Thoughts Can Change Your Life** by Brian Tracy, author of the bestseller *The Psychology of Achievement*.

The Power of Positive Thinking: How Thoughts Can Change Your Life

I think you'll agree with me when I say: **The power of positive thinking is remarkable.**

In fact, the idea that your mind can change your world almost seems too good to be true. I can assure you, however, that I have experienced AND witnessed the good that focusing on the positive can bring. But before I get into that, let me ask you a question.

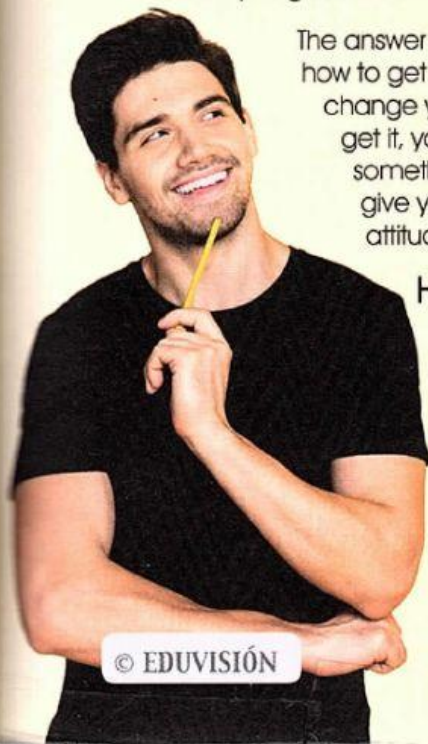
Can you guess what the most successful and happy people think about all day long?

The answer is quite simple... Healthy, happy people think about what they want, and how to get it, most of the time. In this way developing a positive attitude can truly change your entire life. When you think and talk about what you want and how to get it, you feel happier and in greater control of your life. When you think about something that makes you happy, your brain actually releases endorphins, which give you a generalized feeling of well-being. As a result, you develop a positive attitude.

How to Think Positive

Based on many psychological tests, happy people seem to have a special quality that makes them live a better life than the average. Can you guess what it is?

It's the quality of optimism! The best news about optimism is that you can learn how to think positive. By the law of cause and effect, if you do and say what other healthy, happy people with positive attitudes do and say, you will soon feel the same way, get the same results, and enjoy the same experiences that they do.



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Happy People Find Good in the World

Optimists seem to have different ways of dealing with the world that set them apart from the average.

First, they keep their minds on what they want, and keep looking for ways to get it. They are clear about goals and they are confident that they will accomplish them, sooner or later.

Second, optimists look for the good in every problem or difficulty. When things go wrong, as they often do, they say, "That's good!" And then set about finding something positive about the situation.

What we know is that, if you are looking for something good or beneficial in a person or situation, you will always find it. And while you are looking, you will be a more positive and cheerful person.

Adapted from www.briantracy.com/blog/personal-success/positive-attitude



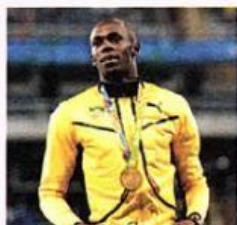
Choose the correct option to answer the following questions based on the text.

1. According to the text, when you focus on the positive side of situations
 - a. Nothing really changes in your world.
 - b. You have more control of the situation.
 - c. You start asking questions all day long.
2. What do successful people do to have a better life?
 - a. Focus on what they want and how to get it.
 - b. Lose control of their life.
 - c. Release endorphins.
3. What happens in your body when you think positive?
 - a. You can experience success.
 - b. Your brain produces endorphins and you feel better.
 - c. You get greater control of your life.
4. Based on the text, what do optimistic people do when they have problems?
 - a. They think more about the difficulties.
 - b. They learn the law of cause and effect.
 - c. They look for the good side of the situation.

C. Vocabulary: Positive Attitude

1. Use a dictionary or the internet to look up the definition of the phrase: role model. Write it down to complete the statement below.

A role model is... _____.



2. Scan the QR code and watch the video about role models. Then, explain with your own words **the importance of role models**. Why are role models important?



3. According to the information in the video, discuss these questions with two classmates: Do you have a positive role model? Who is your role model? Why? Use the ideas to complete the chart.

	Partner One	Partner Two
My role model is... because		

4. What characteristics should a good role model have? Write at least three ideas. Share your ideas with the class.

I think a good role model should...

5. Look at more characteristics of good role models. Do you know the meaning of these words? Look up in the dictionary the words you don't know.

adaptable - affectionate - brave - bright - broad-minded - calm - determined - helpful - energetic - friendly - optimistic - passionate - tireless / untiring - polite - reliable - stubborn

6. Now, match the descriptions with the correct characteristics from the box.

- a. someone who has good manners and is courteous
- b. someone who relates with others easily
- c. someone who faces danger, fear, or difficulty showing courage
- d. someone who is loving and caring
- e. someone who is relaxed, serene and peaceful
- f. someone who is resolved to get his / her goals
- g. someone who puts a lot of hard work and energy into something over a long period of time
- h. someone who is versatile or competent in many fields
- i. someone who is very dynamic and full of vitality
- j. someone who is very intelligent or smart
- k. someone who you can trust
- l. someone who is tolerant to different opinions and points of view
- m. someone who is very enthusiastic about life
- n. someone who always has a positive state of mind
- o. someone who is determined not to change his / her opinion or attitude
- p. someone who cooperates with the community activities and helps out friends

D. Writing: Could I Be a Role Model?

1. Scan the QR code and watch the video about what teenagers think of role models.
2. Based on the information in the video, discuss these questions with a partner.

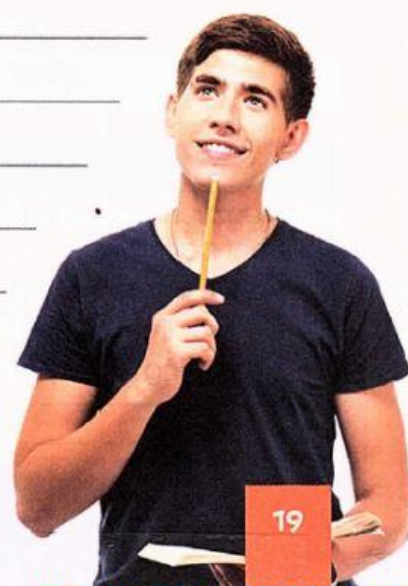


- a. Do the teens in the video consider themselves to be good role models?

- b. What is a role model for the teens in the video?

- c. Who are the role models of these teens?

3. Using the video as a guide, write a small paragraph about being a role model. Use the following questions as a guide: Why is it important to have a good role model? Would you like to be a good role model for the kids in your community or family? Which characteristics of a role model do you think you have? Which ones do you need to work on? Remember to use a clear topic sentence and then provide some supporting details.



E. Chart #2



REMEMBER TO USE

FUTURE CONTINUOUS

► USE

We can use the future continuous to **DESCRIBE AN ACTION THAT WILL BE IN PROGRESS** (developing) at a particular time in the future, especially actions that have been planned.

- IN FIVE MONTHS, we **WILL BE WORKING** on the construction of a nice skate park in my community.
- Luis **WILL BE STUDYING** medicine at the UCR BY THIS TIME NEXT YEAR.
- Valentina **WILL BE WRITING** her essay for Spanish class THIS WEEKEND.
- Our teachers and parents **WILL BE PLANNING** a nice graduation ceremony for us TOMORROW AT 4:00 P. M.

► FORM

We create sentences in the future continuous following this formula:

Subject + **WILL BE + VB (ING FORM)** + COMPLEMENTS.

I **WILL BE FINISHING** my high school studies by the end of November.

To make negative sentences we need to use the **NEGATIVE FORM OF WILL = WON'T**.

Min **WON'T BE STARTING** university in March next year.

For questions, we move the auxiliary **WILL** to the beginning **(BEFORE THE SUBJECT)**.

- WILL you **BE WORKING** in the community event this Saturday?
Yes, I will. No, I won't.
- What WILL you **BE DOING** by this time next year?
I **WILL BE WORKING** and studying at the same time.

PRESENT PARTICIPLES (VERB + ING)

Remember these simple spelling rules for creating present participles:

- work + ing = **working**
- study + ing = **studying**
- play + ing = **playing**
- write + ing = **writing**
- plan + ing = **planning**

But never duplicate the **x, w, and y**:

- fix + ing = **fixing**
- snow + ing = **snowing**
- stay + ing = **staying**

1. Complete the sentences with the correct future continuous form of the verbs in parentheses.

- a. Tomorrow evening, I _____ (move) to a new apartment with my dad.
- b. The senior students _____ (take) their final exams in two months.
- c. Our high school _____ (host) the finals of the drama competition next month.
- d. Samuel _____ (enter) the skating competition again next season.
- e. Irina and Felipe _____ (organize) a garage sale of some of their old high school books by the end of November.

F. Let's Practice

1. Make a list of five activities you plan to be doing next year in order to have a successful future. Use the future continuous tense.

1

2

3

4

5

2. Make a survey with your classmates. Find out the top three most popular activities that your classmates plan to be doing in the future.

Partner One	Partner Two	Partner Three	Partner Four	Partner Five

Lesson 3

Follow the Recipe: A Plan for Success

A. Let's Talk

1. Read the following phrase taken from the song **Hall of Fame**:

“ *Don't wait for luck.
Dedicate yourself and you
can find yourself standing
in the hall of fame.* ”

- What do you think the phrase means?
- Talk to your partners about the meaning of the phrase and write a short comment with your opinion.



2. Scan the QR code and watch the video of the song **Hall of Fame** by the Irish band *The Script*. While you listen to the song, fill in the blanks with the words from the word bank.

fame - pride - clock - country - wait - yourself - name (twice) - hero -
best - beat - rocks - chest - God - mile

Hall of Fame

Yeah, you could be the greatest

You can be the 1. _____

You can be the King Kong banging on your 2. _____

You could beat the world

You could 3. _____ the war

You could talk to 4. _____, go banging on his door

You can throw your hands up

You can beat the 5. _____

You can move a mountain

You can break 6. _____

You can be a master

Don't 7. _____ for luck
Dedicate yourself and you can find 8. _____

Standing in the hall of fame
And the world's gonna know your 9. _____
'Cause you burn with the brightest flame
And the world's gonna know your 10. _____

And you'll be on the walls of the hall of fame

You could go the distance
You could run the 11. _____
You could walk straight through hell with a smile

You could be the 12. _____
You could get the gold
Breaking all the records that thought, never could be broke

Do it for your people
Do it for your 13. _____

How you ever gonna know if you never even try?

Do it for your 14. _____

Do it for your name
'Cause there's gonna be a day

When you're standing in the hall of 15. _____

And the world's gonna know your name
'Cause you burn with the brightest flame

And the world's gonna know your name
And you'll be on the walls of the hall of fame

Be a champion, be a champion, be a champion, be a champion

On the walls of the hall of fame

Be... (the song continues)

by *The Script*

3. Write down the occupations you hear in the song.

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