Skills - Buy Nothing Day (BND) - reading

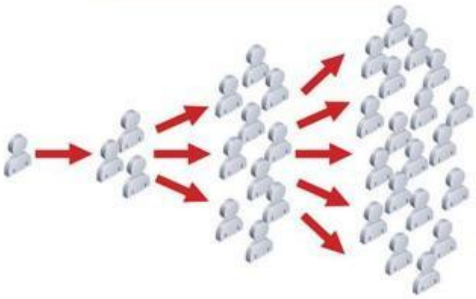
Section 1: Vocabulary Practice

A. **Match the Words with Definitions:** First match the words with the pictures. Then match the words with their correct definitions.

resources

advert

display



to resist

to spread

1	advert	**a** to increase to cover a larger area
2	display	**b** a collection of objects in a shop window for people to look at
3	resources	**c** materials that we use to make things
4	to spread	**d** to stop yourself from doing something that you want to do
5	to resist	**e** picture, film, song or word that helps sell a product

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Have you ever bought something that you didn't really need? It looked nice in the shop. There was an advert. You wanted it. All your friends had one. There are lots of excuses!

We throw away millions of mobile phones and computers every year. They aren't broken, we just want the latest model. But buying too much is bad for the environment because it creates pollution and uses up the world's resources. It is also expensive. It is better to buy less, and recycle or repair the things that we already have.

Could you survive a whole day without buying anything? Well, on the last Friday in November people around the world celebrate 'International Buy Nothing Day'. They buy absolutely nothing for 24 hours!

A Canadian artist called Ted Dave created the day in 1992. And the idea has spread around the world since then, and gets bigger every year. Nowadays, people in over 60 countries hold 'BND' protests including the UK, Austria, Germany, New Zealand and Japan.

You can celebrate Buy Nothing Day in different ways. You can organise fun activities such as silly protests in shopping centres with balloons, dancing, singing and music. Some protesters dress up in zombie costumes, or set up a market stall where they swap the things they don't want.

Not everyone likes Buy Nothing Day. Some TV channels refuse to advertise it and some people say that the protesters just buy more things the next day. Other people say that factories and shops give people jobs, or that BND is just a protest for people with too much money, because poor people only buy a few things. What do you think? Does Buy Nothing Day encourage us to produce less waste and think about what we buy?

Section 2: Reading Comprehension

True or False: Mark each statement as True (T) or False (F).

1. Buy Nothing Day encourages people to buy more products.
2. Buy Nothing Day was started to promote mindful consumption.
3. People celebrate BND by purchasing only essential items.

Multiple Choice: Choose the correct answer.

1. What is the main goal of Buy Nothing Day?
   a) To encourage holiday shopping
   b) To reduce overconsumption and waste
   c) To support small businesses

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2. Who founded Buy Nothing Day?
   a) Greta Thunberg
   b) Ted Dave
   c) Al Gore
3. When is Buy Nothing Day observed?
   a) the last Friday in November
   b) Christmas Eve
   c) New Year's Day
4. What activity is encouraged on BND?
   a) Shopping for essentials
   b) Hosting sales
   c) Reflecting on consumer habits

Read the article on page 70 and answer the questions.

1. What's wrong with buying things you don't need?

2. What do people do on BND?

3. What are some of the criticisms of BND?

Homework

A. **Creative Task:** Design a poster to promote Buy Nothing Day. Include a slogan and key message.
B. **Fill in the Blanks:** Complete the sentences with the correct word from the vocabulary list. **(resist, spread, display, advert, resources)**

1. The shop had an impressive **.....** in the front window.
2. It's hard to **.....** the urge to buy things on sale.
3. Advertising often uses an ..... to attract customers.
4. Natural **.....** are essential for manufacturing.
5. Social media allows ideas to **.....** quickly.

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