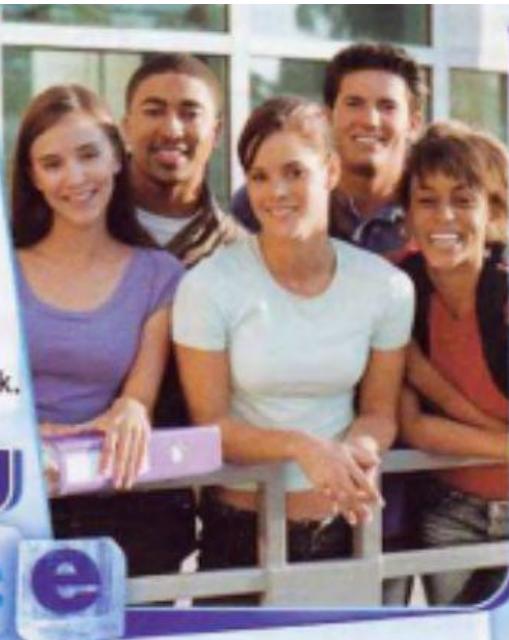


Reading & Listening

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



Breaking the *ice*

It's that time of year again and you're back at school. The new girl in your class seems very interesting and you would like to get to know her better. Unfortunately, what usually happens whenever the **opportunity** to talk to someone comes up, is that 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**. Don't let it get you **down**, though.

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

➊ **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.

➋ **Be positive:** Everybody likes being 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.

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

➍ **Be sociable:** Don't avoid being around new people just because you feel uncomfortable. If you face a situation again and again, 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 may be too shy to break the ice!

2 Read and listen to the text and mark the sentences (1-6), **T** (true) or **F** (false). 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 When you meet someone for the first time, it's better to look serious.
- 4 Confident people have positive feelings.
- 5 When you start a conversation, talk a lot about yourself.
- 6 If you feel uncomfortable meeting new people, you should avoid it.

Learning to learn

Reading effectively

The author's purpose is the reason for writing the text. 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 **THINK!** What is the author's purpose?

4 **THINK!** Think of some tips which can help you socialise. Tell your partner.