Unit 1 No Man Is An Island

"No man is an island, entire of itself,
Every man is a piece of the continent."

John Donne, English poet (1572 – 1631)

The phrase 'no man is an island' expresses the idea that human beings do badly when isolated from others and need to be part of a community in order to thrive.

2) Read the text and answer the questions below:

Why do we need friends?

Friends fulfil important needs. They can affirm our personal value by showing how much they appreciate us – for example, by admiring our skill at playing sport, or by laughing at our jokes. A person who needs to feel that they are very popular, chooses friends who will allow and even encourage him or her to be the centre of attention.

Another need that a friend fulfils is security. A friend does nothing to hurt us, or to draw attention to our weaknesses. This means that friends can interact openly and freely without having to worry about a critical response. Friends can also help us view ourselves as a better person, by encouraging us to feel that our actions are worthy. Sometimes too we need friends to stimulate us. A friend introduces us to new ideas, for example by bringing us into contact with new food, new movies or fashions.

If you were to ask people to complete the statement 'I most need a friend when . . . ' they would probably answer in one of two ways. Some people would say, 'I most need a friend when I'm down' or 'I most need a friend when I have a problem'. We need a friend when we're feeling depressed so that he or she will make us feel a little better, and help to alleviate the pain we are feeling. If we have no friend to talk to, a minor problem can turn into a major one, and we can end up with real heartache.

The other way to complete the statement would be to say 'I most need a friend when I want to share my good news' or 'I most need a friend to enjoy something with.' In other words, we need a friend to increase our pleasure. A great part of the joy of winning a competition, or getting good news is telling someone else about it. Ordinary pleasures like going to the cinema are better when shared with a friend. It's great to have someone to discuss the movie with afterwards.

A) I most need friends when____. a) I am happy b) I am in trouble

LIVEWORKSHEETS

2) Match the questions to the answers:

a. What reasons does the writer give as to why we need friends

b. What examples are given as to how friends can show that they appreciate us?

c. How can friends help someone who is feeling down?

d. Why are friends important when we get good news?

1)Sharing good news with a friend increases our own pleasure.

2)By making us feel a little better, and helping to alleviate the pain.

3)By admiring our skills at playing sport.

- By laughing at of jokes.

- By making us feel that we are popular.

3)-Friends affirm our personal value.

-Friends give us security.

- Friends stimulate us by giving us new ideas.

- Friends can make us feel that we are better persons.

2 Find words in the text in Activity 1 that have similar meanings to the phrases below.

a. state that something is true (paragraph 1)

b. liked by a lot of people (paragraph 1)

c. faults (paragraph 2)

d. make someone feel interested or excited about something (paragraph 2)

e. make something less painful (paragraph 3)

f. feeling of terrible sadness (paragraph 3)

g. add to, expand (paragraph 4)

h. great happiness (paragraph 4)

1)joy

2)increase

3)heartache

4)alleviate

5)stimulate

6)weakness

7)popular

8)affirm

LIVEWORKSHEETS