

English Pedagogical Module 4

Are you proud of your habits?

Curricular Threads: Communication and Cultural Awareness,
Oral Communication, Reading, Writing, Language Through the Arts

Third Course BGU



Our habits, both good and bad, make up who we are. A habit is a pattern established over a period of time. Maybe this is something we started as young children, or maybe just in the past year. Good habits, like exercising regularly and doing homework as soon as we arrive home from school, can improve our quality of life. In the same way, bad habits like smoking or drinking, can do the opposite; they can make our lives worse than before. Benjamin Franklin once said, “It is easier to prevent bad habits than to break them.” We alone have the power to develop good habits and avoid bad ones.



- What do you think Benjamin Franklin meant by what he said? Do you agree?
- How are habits formed? Are we as individuals the only ones responsible for forming good or bad habits?

Communication and Cultural Awareness



Social Studies

What are some of the eating habits in your community?

Culture

We all know that food varies from country to country, and even from region to region within the same country. For some places, eating insects is normal, but for others it is strange. We should never judge the food that others eat. When we travel, it is always a good idea to try all of the local food. You never know, you may be pleasantly surprised!



Eating Habits Around the World



Food habits are different all around the world. The people who live in some places are known to eat healthier than others. Data collected using an iPhone application called “The Eatery” was recorded. In this app, people take a picture of the food they are eating, label it, and then give it a healthiness rating. From this project, the researchers found several interesting findings.

The most popular food in the world is salad, then chicken, then cheese. People around the world seem to eat better at breakfast than at dinner. People from Sao Paulo, Brazil, eat about five times more kale than any other country. People in Copenhagen, Denmark, eat 18.5 times more rye than people in other countries. As a whole, around the world, we tend to eat more unhealthy food on the weekend with Sunday being the worst day. Vegetarians seem to eat healthier than those who eat all foods. And in general, most people rank the foods that they eat as being healthier than when other people eat the same foods!

Adapted from: <https://bit.ly/3hpg8rc>



On a scale of 1-10, 1 being extremely unhealthy and 10 being extremely healthy, how healthy do you consider the following foods to be?

- | | |
|---------------------------------|----------------------------------|
| • Hamburger _____ | • Yogurt _____ |
| • Rice _____ | • Orange juice _____ |
| • Ham and cheese sandwich _____ | • Lettuce and tomato salad _____ |
| • French fries _____ | |

Compare your ratings with your classmates. Do you all agree? What criteria did you use to determine your ranking?



Consider your own diet. On average, how would you rate in on the same scale from 1-10? Why? Discuss this in small groups. Do you have the same ranking?

Oral Communication

What do you think are common habits in teenagers?

Teenage Habits



Listen to a conversation between two teenage friends about habits. List the good habits and bad habits that are mentioned in their conversation.

Good habits	Bad habits



Listen to the recording again. According to what one of the teens says, when do you think something becomes a habit? For example, is something like Facebook a bad habit for all teens who use it? Explain your answer.

Now discuss your answers as a class. Do you all agree?



Vocabulary

gaming. the act of playing video games

smoking. using cigarettes

avoid. prevent from happening



Form groups of 3-4 students. Besides the habits mentioned in the dialogue, can you think of others that teens tend to have? Are they good or bad habits? Are they shared by the majority of teens? Debate your answers together as a group.

Reading

What is a habit? What makes or breaks a habit?



In groups of 3 students, brainstorm all of the habits that you can think of. They can be good or bad. Normally, we want to create or make good habits and break bad ones. Write your habits in the chart below.

Make (Good Habits)

Break (Bad Habits)



Vocabulary

tend to. usually do something

mandatory. obligatory

perspective. point of view

trigger. something that provokes us to do something

overeating. eating too much

Habits, Defined

What is a habit? Depending on who you talk to, it can be defined in different ways. Usually, habits are seen as routine behaviors that are done on a regular basis. For example, brushing your teeth three times a day can be considered a habit if you have done it every day for a while. Sometimes habits are even unconscious behaviors developed over a period of time through repetition, like always putting your right shoe on before your left. Habits can also be **mandatory** behaviors, like always turning in your homework in your teacher's box before the start of the school day.

From a psychological **perspective**, habits can be thought of as a connection between a **trigger** thought and our response. If this happens every time the connection takes place, then it becomes a habit. For example, a feeling of stress can cause a person to overeat. This bond between the thought of being stressed and **overeating** can strengthen over time. If this happens consistently every time a person feels stressed, it becomes a habit.

Habits can contribute to defining our character, both positively and negatively. We should constantly strive to create good, healthy habits, and work to break unhealthy ones.

Adapted from: <https://bit.ly/2FLw4WR>



Answer the questions below in complete sentences based on the reading on habits.

1. Taking into account the different definitions mentioned in the text, write your own personal definition in your own words of what a habit is.

2. Explain the psychological definition of a habit in your own words. Think of your own original example.

3. In the last paragraph, the text suggests that habits can define our character. Can you think of an example of this from real life?

4. Give the text a different title that summarizes what it is about.

Writing

Do you usually read blogs? About what?

A Blog on Your Habits



Grammar Note

Pay attention to how you connect your ideas. When there are two or more ideas that are similar, we tend to link them simply with “and”. But sometimes we can use other words like **furthermore**, **in addition**, **additionally**. When two ideas are different, we often use “but”. We can also use **however**, **nonetheless**, **nevertheless**. These words are part of a higher register of the English language that are usually used in writing or formal speeches.



Blogs are similar to modern-day journals or diaries. You can write your life experiences here to share with others online. In this blog, you will reflect on your own personal habits.

Step 1: Start by brainstorming about your own habits. Remember the definition of “habit” that you read on the previous page. What habits do you consider to be good ones? And bad ones? Make a list of each.

My Good Habits	My Bad Habits

Step 2: To your list from Step 1, add details to each habit. How long have you been doing them? Why did you start? Do you plan to continue in the future?

Step 3: Looking at your list, organize your blog. What will you write about first, second, third? Put numbers next to your ideas.

Step 4: Write your blog. Start with an introduction sentence to capture your readers’ attention. This can be a question, or a famous quote, or an interesting fact. Then talk about your habits. Finally, conclude with a sentence that leaves your readers thinking about your topic.

Step 5: Exchange your blog with a classmate. They will respond to what you write in a few sentences with their opinions about your habits. Then turn in your writing to your teacher for feedback. He or she can ask you to write a second draft taking into consideration his or her comments.



Language Through the Arts

Do you like to sing? In a group or alone? What kind of music?

Culture

Psychologists have done studies about how music affects us. Did you know that the genre of music that has been proven to most improve our mood is tropical music? This includes *salsa*, *merengue*, *cumbia*, *bachata*, *son*, and others. It doesn't matter if a person doesn't understand the language that the song is in; the rhythm and instruments seem to speak an international language that helps all of us to feel better. So next time you are feeling down, turn on some *salsa* and feel better!

The Habit of Singing



Did you know that singing a few times a week can actually **improve** your well-being? It's true; scientific studies have shown this! Here are five good reasons to start a singing routine today:

1. Starting is so easy! Singing is free. You don't need any equipment or materials, only your voice. You can sing in the shower, walking to school, or as you do your homework. There is no limit to your voice... well, just be sure that the people around you **don't mind**!

2. Singing is good exercise! It is an aerobic activity; it is good for your heart and lungs. It is important to use good breathing techniques. Singing long notes helps to improve your lung capacity, which can make you run and play sports better.

3. Singing makes you feel better! This activity doesn't only help your heart and lungs. It also makes your body produce endorphins, a hormone that makes you feel happy. It also produces the hormone oxytocin, which reduces stress. Singing in a group **develops** a sense of **belonging**. It is often used as therapy for people who are ill.

4. Singing gives you self-confidence! The hormone oxytocin that reduces stress also lowers anxiety and increases feelings of trust in yourself and in others. The more you sing, the more confident you will feel!

5. Singing opens your mind! Singing exposes you to new types of music, new artists, new sounds, and new ideas. If you really like it, you can even consider a career in singing or something related to music. So sing in the shower, walking to school, anywhere you can!



Adapted from: <https://bit.ly/31neG3h>

Vocabulary

improve. get better

don't mind. it isn't a problem

develops. creates

belonging. feeling of being a member of a group

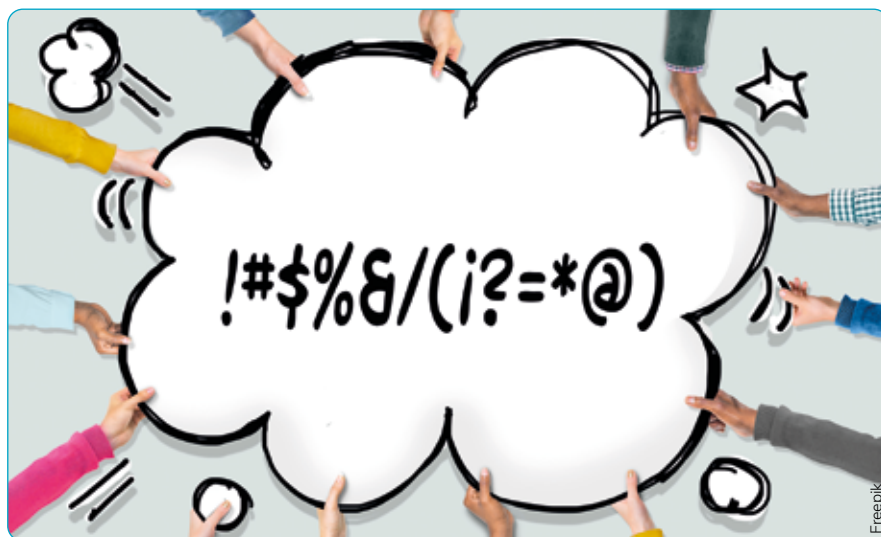


Discuss the questions below in small groups of 3-4 students.

1. Of the five reasons listed to make a habit of singing, which one seems most convincing to you? Why?
2. After reading this article, will you consider making singing a habit in the future? Why or why not?
3. Do you know someone who sings as a habit? Do you think this person is healthier and/or happier?

Do you ever use bad words? In what situation and with whom?

Swearing!



Culture

In many countries, there is a double standard between men and women when it comes to swearing. Many studies have found that people consider women who swore to be weak or even repulsive. On the other hand, men are considered dynamic and even attractive. This double standard shouldn't exist. Men and women should be able to use the language equally. In fact, some recent studies have found that occasional swearing is actually healthy for all humans because it releases stress. So don't judge a woman if she swears. We just shouldn't offend anyone with our language!

Adapted from: <https://bit.ly/2Qj30Zl>

Listen to two teens talk about swearing. Decide if each of the sentences are **True (T)** or **False (F)** according to what you hear.

- If Paula is stressed, then she swears. T F
- Phil never swears. T F
- At first, Phil doesn't agree with women swearing. T F
- Paula agrees with Phil. T F
- Paula believes that men should be censored when they speak. T F
- Paula thinks that swearing should not be a habit. T F
- In the end, Paula was able to convince Phil. T F

Discuss these questions in small groups, paying special attention to if the boys and girls agree. Then talk about your answers as a class. Do the boys and girls feel differently about these topics?

- Do you agree with Phil or Paula about women swearing? Why?
- Do you think all cultures have the same perspective on women swearing?
- In your culture, do men and women use language the same way?
- Why do you think a double standard exists in many places between men and women when it comes to swearing?
- What can you do to try to eliminate this double standard? Do you think you can change people's minds about swearing?

Vocabulary

overwhelmed. extremely stressed, usually caused by a lot of work

swearing. saying bad words

censor. to control the material and/or expression of others

Communication and Cultural Awareness

Do you use social media? Which one(s)? For what purpose?

Grammar Note

Reported Speech

Notice the sentences in the activity after the reading. They are all considered **reported speech**. We use reported speech when we want to say what someone else said. Notice that we can use different verbs to introduce the reported speech, like *say, tell, claim, suggest, ask, affirm, confirm*, and many others.



Of the list of sentences below, circle the ones that are true.

- The article says that social media has not become very important in our lives.
- The reading states that people who spend more than 30 minutes on social media every day are happier than those who don't use social media.
- Doctors affirm that our phones' screens can cause us to sleep poorly.
- The article tells us to pay attention to our phones more than real-life people.
- The reading says that we should stop using social media for a few days if it makes us feel sad.

Social Media Habits

All around the world, social media has become a part of our everyday lives. We use it to keep in touch with others, to communicate, to get our news, even to learn languages and find new recipes. However, psychologists and doctors say that we need to be very careful to not let our social media control our lives and become an addiction. Here are seven simple guidelines to follow when using social media:



1. **Use social media with a purpose.** Be conscious of what you are doing and how you are spending your time on social media.

2. **Make your real-life friends and family your priority.** Social media is a good way to stay in touch with friends who live far away, but don't forget the friends and family that are around you.

3. **Limit your time on social media each day.** According to an article in the Journal of Social and Clinical Psychology, people who spend 30 minutes or less on social media each day report that they are happier and have more positive feelings.

4. **Follow people and pages that make you smile.** Do not pay attention to people, pages, or images that cause you to have negative feelings.

5. **Don't use social media before bed.** Doctors say that the light from the phone's screen and the images we see can disturb our sleep. Turn off your phone one hour before you go to bed.

6. **Live in the moment.** When you are spending time with family and friends, don't waste time on social media. You will miss precious real-life moments!

7. **Take a break once in a while!** If you notice that you are feeling sad or depressed from being on social media, disconnect. Take a vacation from social networks for a few days.

Adapted from: <https://bit.ly/3gn8j44>



In groups of 3-4 students, discuss your social media habits. Ask and answer the following questions:

1. What social media do you use?
2. What do you use social media for?
3. On a given day, how many hours do you spend on social media?
4. Do you think you are addicted to social media?

Oral Communication

On a scale of 1-10, how would you rate your study habits?

Study Habits



In small groups, brainstorm a list of good and bad study habits. How many of them do you share? How can you improve your bad study habits?



Listen to a high school student named Jim talk about his study habits. Fill in the blanks with one word to complete the sentence.

1. Jim said that last year he had been a bad student, so this year he is going to make some _____ to do better in school.
2. He admitted that it was his own _____ that he didn't do well.
3. Jim was a horrible student last year, he said he didn't even do his own _____.
4. This year, Jim promised that he would be a _____ student.
5. He mentioned that he would pay _____ in class and he would take _____.
6. He stated that he would start his _____ earlier and do his _____ alone.



Listen to Jim again. Write three of your own sentences about what he says using reported speech. Try to use different verbs in the first part of each sentence.

1. _____
2. _____
3. _____



The Do's and Don'ts of Studying

We say "the do's and don'ts" of something to refer to a list of things that a person should and should not do. After having listened to the recording, in groups of 3-4 students, make a list of things that a person should do and shouldn't do to be a good student. Then join your lists and make one class list.

Do's	Don'ts
_____	_____
_____	_____
_____	_____

Grammar Note

Observe all the sentences in the activity. They contain **reported speech**. We use this when we want to say something that someone else said. Pay attention to how the verb forms change from the original sentences.

"I **was** a terrible student last year." → Jim said that he **had been** a terrible student the previous year.

"I promise I **will** do better." → Jim promised that he **would** do better.

"I **am** going to study harder." → Jim said that he **was** going to study harder.

In spoken language, we often eliminate the word "that" between the two clauses:

"Jim said **that** he would do better."



Vocabulary

resolutions. promises to improve

procrastinated. put off, waited until the last minute to do something



Language Through the Arts



Art

Did you color when you were a small child? Do you color now?

The Healthy Habit of Coloring for Adults



Vocabulary

appealed. been of interest

pleasant. positive, enjoyable

We know that coloring has always **appealed** to children, but now it is becoming a **pleasant** habit for many adults too! In recent years, many “big kids” have bought their own crayons and coloring books and spent their free time doing what we learned to do as little children.

Why are adults coloring now? It seems that coloring has a therapeutic effect for many. Research that began in 2005 has shown that coloring reduces anxiety and stress. It makes people focus on putting colors on a page and allows them to stop thinking about other issues in their lives that may cause them tension.

The first adult coloring books were produced in 2012 and 2013 and since then, millions have been sold. These books include very detailed designs, famous quotations, and sometimes even bad words! Adults can even download images from the internet in black and white that they can then color. Experts suggest that adults work with colored pencils instead of crayons in these books because colored pencils allow them to be more precise.

So if you know an adult that needs a way to relax, suggest coloring. You will be surprised about how effective it is at calming their nerves!

Adapted from: <https://cnn.it/3j6Kb7B>



After reading the text about coloring, write three sentences about interesting things you learned in the article. Use reported speech.

Example: The article said that coloring has always appealed to children.

1. _____
2. _____
3. _____

Color the picture on the left. As you are doing it, reflect on how you feel and write some notes below the picture. When you finish, discuss how you felt with your classmates. Do you think you will start a habit of coloring in the future? Why or why not?

Oral Communication

In life, do you see the glass as half-full (optimist) or half-empty (pessimist)?

Positive Thinking



In small groups, discuss if you consider yourselves to be positive or negative people. Are you positive about some things and negative about others? What determines your outlook on life?



Listen to a psychologist talk about the power of positive thinking. Decide if each of the following statements are **True (T)**, **False (F)**, or **Not Mentioned (NM)**.

1. The psychologist said that how you see life can affect your physical health.

T F NM

2. If you think positively, you will sleep better at night.

T F NM

3. Negative people are at less risk for cardiovascular disease.

T F NM

4. To be a positive thinker, you have to eat healthy.

T F NM

5. The psychologist says that positive attitudes are contagious.

T F NM

Grammar Note

Remember that **conjunctions** are used to connect two ideas. Sometimes these ideas are similar, sometimes they are different, and sometimes they have a cause-effect relationship between them. We use different **conjunctions** depending on the relationship that the ideas have.



Vocabulary

matter. here a verb meaning to be important

outlook. perspective, point of view

surround. be around



Use the conjunctions below to connect two ideas about positive thinking. Determine the relationship between the ideas and pick the best word. You will not use one of the words.

although whether unless because so and

- _____ sometimes it is difficult, it is better for your health to think positively.
- You should try to be an optimist _____ it is better for your health.
- Being very negative can increase your risk for heart disease, _____ you should try to look at the bright side of things!
- If you are a negative person, you will suffer from more stress _____ you change your mindset for the better.
- _____ you are an optimist or a pessimist, your brain has an impact on your health!



Reading

What do you know about drugs?



Today's teenagers know more about drugs than people think. What do you know about drugs? What drugs exist? What are their consequences? Discuss these questions in small groups or as a class.

Interesting Facts

Teen drug use is not only a national concern, it is an international **concern**. Here are some statistics on drugs and youth according to a United Nations 2018 report.

- Cannabis is the most commonly used and abused drug.
- Among university students in Ecuador, 20% admitted to using two or more drugs simultaneously.
- The more involved teens are in their education, the less likely they are to get involved with drugs.

Taken from: <https://bit.ly/32gwp1Y>

The Deadly Habit of Drugs

You've heard it several times: don't do drugs. Drugs are dangerous. Drugs can cause addiction and they can even kill you. But drugs can hurt much more than just your body. Pay attention to these seven ways that drugs can hurt you and the people around you.

1. **Drugs do physical damage.** They can cause anything from vomiting and headaches to **stroke**, heart attacks, and even death. Sometimes the physical damage is irreversible.

2. **Drugs hurt your job.** Whether your job is being a student or earning money, doing drugs will make you perform poorly. Drugs negatively affect your concentration and memory.

3. **Drugs hurt your mental health.** They can cause depression, anxiety, and even hallucinations. Some of these can become **chronic** or permanent.

4. **Drugs can leave you poor.** Buying drugs is very expensive and can leave you without money for life's essentials like food and housing.

5. **Drugs can rob you of your freedom.** Most drugs are illegal and using or selling them can put you in jail for several years.

6. **Drugs will hurt your relationships.** The people who are most important to you, like your family, your friends, and your partner, will feel the burden of your use or abuse of drugs. They may even abandon you.

7. **Drugs may hurt people you don't even know.** Drug users often are involved in car accidents, burglaries, and other crimes while they are under the influence.

So the next time you are offered drugs or exposed to them, remember these serious consequences. Think of a person you love and how he or she would be affected by your decision. Then make the smart decision to say no.

Adapted from: <https://bit.ly/3j96Wbe>



Vocabulary

stroke. a medical condition of loss of consciousness caused by interruption of blood flow to the brain

chronic. occurring on a regular basis, often

concern. worry, preoccupation



Write what you consider to be the three most important points in the reading using reported speech. Start each sentence with a different verb and write using your own words.

Example: The article claims that drugs can kill you.

1. _____
2. _____
3. _____

Writing

Language

Could you summarize your life in one paragraph?

A Summary



It's your turn to write a summary. You will do this in steps.

Step 1

Choose any of the readings from the first half of this module for your summary.

Step 2

Take notes on the most important ideas of the reading. These don't need to be complete sentences. In fact, it is better to write the ideas as notes and in your own words.

- _____
- _____
- _____
- _____
- _____

Step 3

Join the ideas that you wrote in Step 2 in complete sentences and in a logical order to write your summary. Your summary should be one paragraph of 6-8 sentences and it must include reported speech. Nothing should be copied directly from the text. The first sentence should give the general idea of the text, and the rest should include the important points. Write a first draft in your notebook.

Step 4

Exchange your rough draft with a classmate. Read each other's summaries. Mark any errors you find in the English. Then discuss with your partner if what he or she wrote clearly summarizes the text chosen.

Step 5

Taking into consideration your partner's comments, rewrite your paragraph below to turn into your teacher.

Interesting Facts

Summarizing is an important skill that we do often in life without even thinking about it. When someone asks you to tell them what happened in the last episode of your favorite TV series, you are summarizing. When someone asks you to tell them what your favorite book is about, you are summarizing.

Cambridge Online Dictionary ([cambridge.org](https://www.cambridge.org)) defines a summary as "a short, clear description that gives the main facts or ideas about something". You can take a long movie, book, article, or even experience and reduce it to a paragraph by focusing on the most important points.



Achievement Level - Listening

Individual activity

- 1**—Listen to a girl named Sarah about her parents' bad habits and choose the correct answer to complete each sentence.
1. When Sarah's dad was young, he would:
 - a. smoke.
 - b. drink.
 - c. listen to loud music.
 - d. all of the above.
 2. Sarah's dad admitted to:
 - a. cheating on tests.
 - b. doing his schoolwork at the last minute.
 - c. missing school.
 - d. none of the above.
 3. Sarah's mom:
 - a. always talked on the phone.
 - b. rarely talked on the phone.
 - c. hated the phone.
 - d. talked to her parents for hours on the phone.
 4. Sarah thinks that:
 - a. all generations are the same.
 - b. her parents' generation was worse than hers.
 - c. bad habits are unique to each generation.
 - d. her generation is worse than her parents'.

Achievement Level - Writing

Individual activity

- 2** Write a paragraph entry in a blog about what you consider to be the habits of your generation, both good and bad. Use at least two of the conjunctions you have seen in this module. Remember to have a topic sentence and a concluding sentence. Write 85-100 words.

Achievement Level - Speaking

Group activity

- 3— Work with a partner. One of you is Student A and the other is Student B. Student A has a bad habit. Student B is a friend who is trying to be a good influence and help Student A break the bad habit. Create a dialogue of 8-10 lines for each student and perform it.

Achievement Level - Reading

Individual activity

- 4— Read the following text on cracking your knuckles and answer the questions that follow.

Do you crack your knuckles? We mean do you make your joints make a cracking sound by squeezing or pulling your fingers? Studies show that about half of the population does it. Often times it is caused by nervousness, anxiety, boredom, or stress. And it has been criticized by some, saying that it causes arthritis. However, an article in the *Swiss Medical Journal* says that there is no evidence supporting this being the case. One doctor even experimented on himself by cracking his knuckles on one hand twice a day and never on the other hand for 50 years. At the end of the experiment, there was no difference between the knuckles on his right and left hand. So it's not dangerous to our health, but it can be annoying for the people around us. Like other habits, it can be broken. You have to be conscious of when you are doing it and think about what may cause you to do it. Then, when you feel like doing it next time, occupy your hands with something else that will prevent you from cracking your knuckles.

Adapted from: <https://bit.ly/2FUhrRr>

1. Approximately what percentage of the population cracks their knuckles?

2. Why do some people crack their knuckles? _____
3. Does cracking your knuckles cause arthritis? _____
4. How can you break the habit? _____

I'm completing this self-evaluation based on what I learned in the module.

Self-evaluation

Topics	I check ✓ the box that most applies to me			
	I do it very well	I do it somewhat well	I can improve	I can't do it without help
Understand and use conjunctions to connect ideas				
Work with reported speech				
Talk about good and bad habits				

Let's Review



Value: Healthy habits

Vocabulary

As a class, make a list of all the good and bad habits you remember from the first half of this module. You can include other ones you know too. Write them here. Then, individually, give yourself one point for all of the good habits on the list that you have. Subtract one point for the bad habits that you have. What is your total? Do you have more good habits than bad ones?

Good Habits

Bad Habits

Grammar

Review the readings from the first half of the module. Choose three things that you learned and express them as reported speech.

Example: Psychologists say that tropical music is the genre that most improves our mood.

1.

2.

3.

Writing

In the first half of the module, you learned how to write a summary. What are some tips you could give another student who doesn't know how to write a summary? Write them here.

Communication and Cultural Awareness



Biology

Value: Psychosocial development

How many times do you think you smile each day?

Culture

Smiling is an international language. It's one that all of us can understand. Imagine you meet someone from another country and you have no language in common. How do you communicate? With gestures, certainly, but a smile also says a lot. What are all of the messages that a smile can express?

Grammar Note

Notice all of the sentences in the activity. They are in the **zero conditional**. We use this to talk about events that happen and are a reality. It is formed by using the present tense in both clauses. Complete the sentences below in an original way using the **zero conditional**.

- If I smile, _____.
- _____ if I have a bad day.



Vocabulary

boost. improve, increase

domino effect. when one event causes another to happen, and another, and another...

Smiling: An International Language



Have you ever thought of the value of a smile? It is free to give and can change the mood of the person who receives it. Everyone can do it, even little babies. It connects us with other humans, no matter what language we speak.

Beyond being able to make connections with other humans, do you know that establishing a habit of smiling on a regular basis also has wonderful health benefits? Studies have shown that even if you are not having a good day, smiling can **boost** your mood. It's because the physical act of smiling sends signals to your brain that you are actually happy. Smiling also reduces stress levels because it releases chemicals called endorphins.

Smiling has other benefits too. According to psychologists, it makes us more creative and better problem solvers. Smiles also send subliminal messages to those who see us that we are confident and relaxed, which can make us more attractive to others! And smiling is contagious – when we see another person smile, we are likely to smile back. This has a **domino effect** and makes our world a more positive place.

Adapted from: <https://bit.ly/3laSuRz>

Based on the reading, determine if each of the sentences are **True (T)** or **False (F)**.

1. If you and a friend speak different languages, you can still communicate through a smile.
2. If you are not having a good day, smiling does not help.
3. Your stress level increases if you smile.
4. People see us as confident if we smile.
5. If someone sees you smile, they usually smile too.

T F

T F

T F

T F

T F

Oral Communication

What has most helped you to learn English?

The Do's and Don'ts of Studying a Language



As a class, discuss the habits you have had in your English studies. Do you think they have been good or bad habits? Can you now use the language to communicate?

Interesting Facts

Did you know that a linguist is a scientist of language? Many people think that a linguist is someone who dedicates their life to learning many languages. No, that person is called a polyglot. A linguist is someone who studies the many different aspects of languages in a scientific way through experiments and observations. Linguists study things like how the brain works with language (psycholinguistics), how men and women or people from different places speak differently (sociolinguistics), the sounds of language (phonology), and other issues related to language.



Listen to a linguist talk about the do's and don'ts of studying a language. For each of the sentences below, decide if it is something that will help you become fluent in English or it won't help you become fluent.

	You will become fluent.	You won't become fluent.
1. If you repeat words twenty times, ...		
2. If you memorize lists of adverbs, ...		
3. If you practice verb formulas, ...		
4. If you read a lot in English, ...		
5. If you do things you like in English, ...		

Grammar Note

Notice the sentences in the first activity. They are in the **first conditional**. We use the first conditional to talk about events that are probable in the future. It is formed by using the **simple present** in the "if" clause and the future with **will** or **going to** in the other clause.

If you **focus** on memorizing verb charts, you **won't be** fluent in the language.

Taking into consideration what the linguist says, write three sentences about studying a language using the first conditional.

If _____, you _____

If _____, you _____

If _____, you _____



After listening to the linguist, do you have a different perspective on how you should be studying English? Consider the habits you have and compare them to what the linguist says. In small groups, discuss what you think you can do to improve your studies in English. Then write a promise to yourself about how you are going to study English better.

I promise I will _____

_____.

Do you have a habit that helps you to relax?



In groups of 3-4 students, discuss what you know about yoga and meditation. Have you tried either activity? Does your family or community share any meditation practices? Do you know any yoga positions? Why do you think people do yoga and meditate?



Yoga and Meditation

Mountain, tree, triangle, chair. What do these words have in common? They are all yoga **poses**. Yoga, along with meditation, are becoming common practices in today's stressful world. There are more and more studies that show the benefits of yoga and meditation for your body and mind. They are good habits that can help you feel better.

Yoga comes from a Sanskrit word meaning "union of the body and mind". It involves mental concentration and also physical movement and poses. It has many health benefits. It helps you to relax and it reduces stress by decreasing activity in the sympathetic nervous system. It increases flexibility, **strengthens** your muscles, and reduces your blood pressure. It can also help with back pain and improve cardiovascular and mental health.

Meditation is an exercise for the mind and spirit that includes two stages: concentration and contemplation. Like yoga, it can also boost a person's mood. It changes the neurology of the brain by **altering** brain waves, creating a deeper awareness. Meditation lowers stress and can also increase concentration. It reduces negative emotions and increases imagination and creativity.

Do you want to try yoga or meditation but don't know how to start? Start slowly. Try doing it for 5-10 minutes in the morning and in the evening. Start with easy, basic yoga poses that do not put too much stress on your body. Then work your way up to doing harder poses and for more time until it becomes a habit. If you are doing it correctly, you should feel your body strengthening as the days go by, and your mind relaxing.

Adapted from: <https://bit.ly/2YszdS4>



Vocabulary

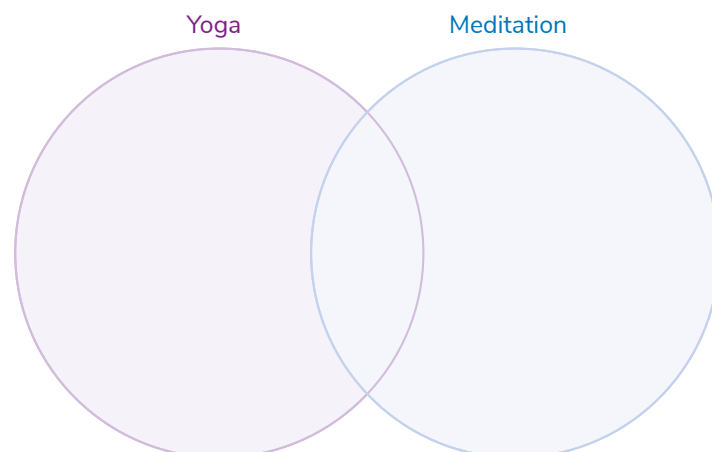
strengthen. to make stronger

altering. changing

pose. position



Based on the information in the reading, complete the Venn Diagram with characteristics of yoga, of meditation, and in the middle characteristics that they both share.



Writing

Do you ever respond to a post on social media?

Responding to a Social Media Post

Social media has become a main means of communication in today's society. Almost everyone has at least one account in social media: Facebook, Instagram, Twitter, and others. The language used on social media can range from very informal - between you and your friends, for example - to very formal, like on a page that is an international news source. When you write on a social media page, you should be aware of the register you should use. "Register" refers to the type of language you use, formal or informal.

Tip

Remember that the **zero conditional** is for a situation that is the reality in the present.

If you translate from English to Spanish all the time, your brain does more work.

The **first conditional** is used for probable situations in the future.

You will not become fluent in English if you think in Spanish all the time.

Imagine you see a Facebook post on a public page about learning English. The post says the following:



After having read this post and remembering the advice you heard from the linguist in a listening section in this half of the module, respond to this post. Give some advice on how the person can better study English to be able to have a real conversation. Start by introducing yourself, then giving some suggestions, and finally say goodbye and wish the person luck. You should write 50-60 words. Be sure to use at least one sentence in the **zero conditional** and one in the **first conditional**.



Language Through the Arts

Do you like to dance? To what type of music?

Culture

Like food and music, dance is unique to every culture around the world. In Argentina they enjoy a tango, in France you can see a traditional can-can, and in the southern part of the United States, many people like to square dance. What type of dance is typical of your country or region?

Vocabulary

ailments. diseases, illnesses

assess. evaluate

take up. start, especially a new activity or hobby



Your teacher is going to put on some music that could be played in a dance therapy class. Stand up and let the music move you. Close your eyes. Dance to it. Express some emotion or feeling through your body movement. Connect your mind and body. Do not judge others in your class but rather allow everyone to express themselves freely. Then discuss your experience together.

Dance Therapy

Dance therapy has become quite popular since the start of the new millennium, even though its roots go back to the 19th century. Not only is it fun, but it also has a lot of physical and mental health benefits. It is based on the idea that motion and emotion are interconnected. It can help to treat various physical **ailments** like cancer, arthritis, hypertension, obesity, chronic pain, and cardiovascular disease. It also is effective in treating mental health issues such as depression, anxiety, dementia, and low self-esteem. It can even help with social disorders such as autism and trauma caused by aggression or domestic violence.



How do we know it is effective? Because there have been several studies on the topic. In a study from *The Arts in Psychotherapy*, researchers found that dance therapy had a positive impact on people with depression. A study from the *American Journal of Dance Therapy* found that dance therapy helped decrease aggression and improve social behavior among teens. And there are dozens more studies that show the benefits of dance therapy.

Dance therapy is different than regular dancing. Even though regular dance of any kind is good for your health and mood, dance therapy takes it to a different level. It becomes more than exercise – it is a language through which people can communicate feelings. Dance therapists guide participants and **assess** their body language. This becomes the therapeutic side of this activity. So if you are looking to **take up** a new good habit, try dance therapy!

Adapted from: <https://bit.ly/34sMjm6>



After you have read the text, discuss these questions with a partner.

1. Do you believe in the power of dance therapy? Why or why not?
2. What do you think is the most beneficial aspect of dance therapy?
3. Would you ever consider becoming a dance therapist? Why or why not?

On a scale of 1-10, how important is personal hygiene?

Personal Hygiene Habits



As a class, brainstorm a list of good hygiene habits. How many of them do you follow on a regular basis? Do you think people around the world share the same habits?

Interesting Facts

The coronavirus pandemic, which first broke out in China in 2019 and quickly spread to every country on the planet, affected people's personal hygiene practices. People began to wash their hands more frequently and more carefully. They also used alcohol to disinfect their hands often. They wore face masks to protect themselves and others. To enter into some stores like supermarkets, people were sprayed with disinfectant to kill any possible virus. They even took off their shoes before entering the house to not bring the virus inside. Personal hygiene became extremely important.



Listen to a doctor talk about good personal hygiene habits. She makes five important points. Write them down and include some details for each one.

Habit	Details



Discuss these questions in small groups after the listening activity.

1. Can you think of any more good hygiene habits? Do you practice them?
2. Why do you think some people do not practice good hygiene?
3. How can hygiene practices affect a community?



Communication and Cultural Awareness



Social Studies

Do you know of any habits typical of other countries?

Culture

Our world is a unique **tapestry** of different colors and textures. We speak different languages, practice different religions, and eat different foods. This diversity makes planet Earth an amazing place. And the fact of the matter is that the more we look for differences between each other, the more we find that we actually have a lot in common!



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Vocabulary

tapestry. large piece of material or fabric

tip. money that is left to a person who provides a service

spitting. emitting saliva

brotherhood. fraternity or friendship between men

pointing. signaling with the index finger

pucker. to tightly contract

Interesting Habits Around the World

Traveling gives a person the opportunity to experience lifestyles in different places. Sometimes people in other countries have habits that are distinct from the ones we are used to at home. But this is what makes our world so beautiful! Here are some unique habits from around the world.

United States: People who visit a restaurant in the U.S. have the habit of leaving a **tip** of between 15-20% of the total bill. If you don't, this can be considered a personal insult to the person who served you.

Japan: Instead of making turkey or ham for Christmas dinner, the Japanese often go to the local KFC (Kentucky Fried Chicken) for a festive dinner.

United Kingdom: While in the U.S. it is customary to say "Hey" or "Hello" to greet someone, in the UK people say, "Are you okay?" This doesn't mean something is wrong with you, it just means "hi".

France: Some people in France have the habit of drinking their tea in a bowl instead of in a mug.

China: It is common to see the Chinese habit of **spitting** in many places: on the street, on public transportation, and even in buildings.

India: It is common to see two men holding hands. It doesn't mean that they are in a relationship, but rather it is seen as a sign of **brotherhood**.

Philippines: In many countries, like the Philippines, **pointing** with your index finger is considered rude. Instead, Filipinos **pucker** their lips and point them in a direction.

Habits and customs are different all around the world. It is important for us to respect the way people live in other places, just like we expect others to respect us.

Adapted from: <https://bit.ly/2Ys4Mvg>



Imagine that a foreign tourist came to visit Ecuador and stayed in your city or town. What do you think he or she would notice about the habits of your culture? Write them here.

Now discuss your ideas in small groups or as a class. Do you agree? Do you think these habits are unique to your town or city? Your region? Your country?

Oral Communication



Biology

Why do some young people smoke?

The Dangers of Smoking



In small groups, discuss all of the dangers of smoking that you already know. Make a list. Are there any benefits of smoking? If the **drawbacks outweigh** the benefits, why do you think people still smoke?



Listen to two friends having a conversation about the dangers of smoking. Fill in the missing information below.

The Dangers Of Smoking



Smoking is the cause of about _____% of deaths by lung cancer.



Not only does smoking cause lung cancer, it also causes _____, _____, and _____ cancers.



People who smoke are _____ as likely to suffer from a _____.



You don't need to smoke a lot to suffer from _____ problems.



After hearing the dialogue and reading the grammar note about "wish", read these sentences and decide if you **Agree (A)**, **Disagree (D)**, or are **Not Sure (NS)**. Then discuss your answers in small groups or as a class. Do you mostly agree with each other?

1. I wish I lived in a different region of the country.

A

D

NS

2. I wish school wouldn't start so early in the morning.

A

D

NS

3. My parents wish I would study more.

A

D

NS

4. Our teachers wish we would pay more attention.

A

D

NS

5. We wish cellphones would be cheaper.

A

D

NS

Grammar Note

In the conversation between the friends, you hear them say "I **wish**..."

I **wish** I hadn't started.

I **wish** you would quit.

We use **wish** to talk about something we would like to be true but isn't, in the past or present. When we use it to talk about events in the past, the second verb is in the **past perfect**.

I **wish** I **hadn't started** smoking. (but I did)

She **wishes** her best friend **hadn't moved** to a different town. (but she did)

If we use **wish** to talk about a situation in the present, the second verb is in the **simple past**.

I **wish** I **had** more time to relax. (but I don't have any)

Jen **wishes** she **had** a sister. (but she doesn't have one)

If we use **wish** to talk about something we would like for someone else, we use **would + V**.

I **wish** you **would quit**.

Our teacher **wishes** we **would study** more.



Vocabulary

drawbacks. negative aspects

outweigh. weigh more, are more important

What habits of yours would you like to change?

Habit Formation

In small groups, generate some ideas about how you think that people can break bad habits. Are some habits easier to break than others? How can you start a good habit? Do you think it takes a long time to establish a new habit?

Psychologists have studied habit formation for decades. Habit formation is when certain behaviors become automatic. Sometimes this is involuntary and sometimes it is voluntary. Habits are born through repetition. If there is a habit that you want to start, like brushing your teeth three times a day, you can consciously train yourself to do it. Usually a particular activity takes about 66 days to become a habit.



Interesting Facts

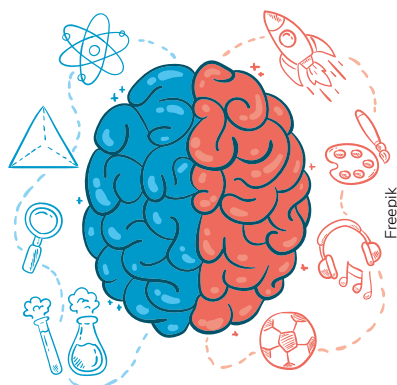
Habits are found in a specific area of your brain called the basal ganglia. The more you do a certain action or behave in a certain way, the more that action or behavior becomes programmed in your brain. Neuronal connections are formed based on repeated behaviors. These connections strengthen to form habits.

Source: <https://bit.ly/2YvIIA2>

Many people have trouble breaking bad habits, like smoking, drinking, or overeating. But experts can offer us some tips to stop the vicious cycle and break the habit once and for all. The key lies in our brains. They are powerful organs that control much of what our body does. We must be aware of what we are doing at any given moment. For example, if our bad habit is overeating, or eating junk food, when we go to get those cookies out of the cabinet, we have to stop ourselves and say, "Am I really hungry? Do I need to eat those cookies? Why do I want them?" Sometimes this is not easy to do, because our minds think about many things that don't have to do with our current actions.

We can also play a trick on our brains to break a bad habit. We can see our actions as a test. Will you pass the test, or will you fail? In other words, in the case of the cookies: if you eat the cookies, you fail the test. The brain hates failure and the emotions associated with it like guilt. At the same time, the brain loves feeling successful. So your brain can help you to make the best decision to break the habit based on how it will feel if you pass or fail the test. In any case, it is mind of matter: if you make yourself believe you can break your bad habit, you will do it!

Adapted from: <https://bit.ly/2YsOTog>



Based on the advice given in the reading, respond to each of these people who want to break bad habits or start good ones. Write a sentence telling them what to do.

1. "I wish I could stop eating junk food." _____
2. "I wish I could get in the habit of exercising every day." _____
3. "I wish I could stop biting my nails all the time." _____

Writing

Do you take advice from your peers?

A Letter to Your Peers



As a class, make a list of bad habits that teens your age have, and good habits that they should have. Write them down in your notebook as you talk about them.



Imagine that you are the president of the student council at your school. It is January, and you want to encourage your fellow classmates to start the new year by breaking bad habits and starting good ones.

You are going to write a letter to your peers that will be passed out to all high school students. Start by introducing yourself and telling them the purpose of you writing the letter. Then, using some of the information we have seen in this module about habit formation, give them some suggestions about how to break some of their bad habits and start good ones. Finally, finish your letter by wishing them a happy new year and luck with their resolutions.

You should use at least one **zero conditional**, one **first conditional**, and one **second conditional**. Write your letter (80-100 words) in the space below.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Tip

In this module, we have seen the zero and first conditional, which are both used for situations that are reality or possible in the present.

The **second conditional** is used for hypothetical situations in the present and is formed by using the **simple past** in the “if” clause and a modal (**would/could + verb**) in the other clause.

- If we **had** more time, we **would read** more. (but we don't have time)
- We **wouldn't be** successful if we **didn't have** the support of our families. (but we are successful because we have their support)



Language Through the Arts



Art

Do you know a type of art done just with paper?

Culture

The word “origami” comes from two Japanese words: *oru*, which means “to fold”, and *kami*, which means “paper”. People are not sure of its exact origins, but it seems like origami began around the year 6 BC (before Christ) with Buddhist monks. They used this paper art for ceremonies. Since then, it has spread around the world and become the intricate art of paper folding that we know today.

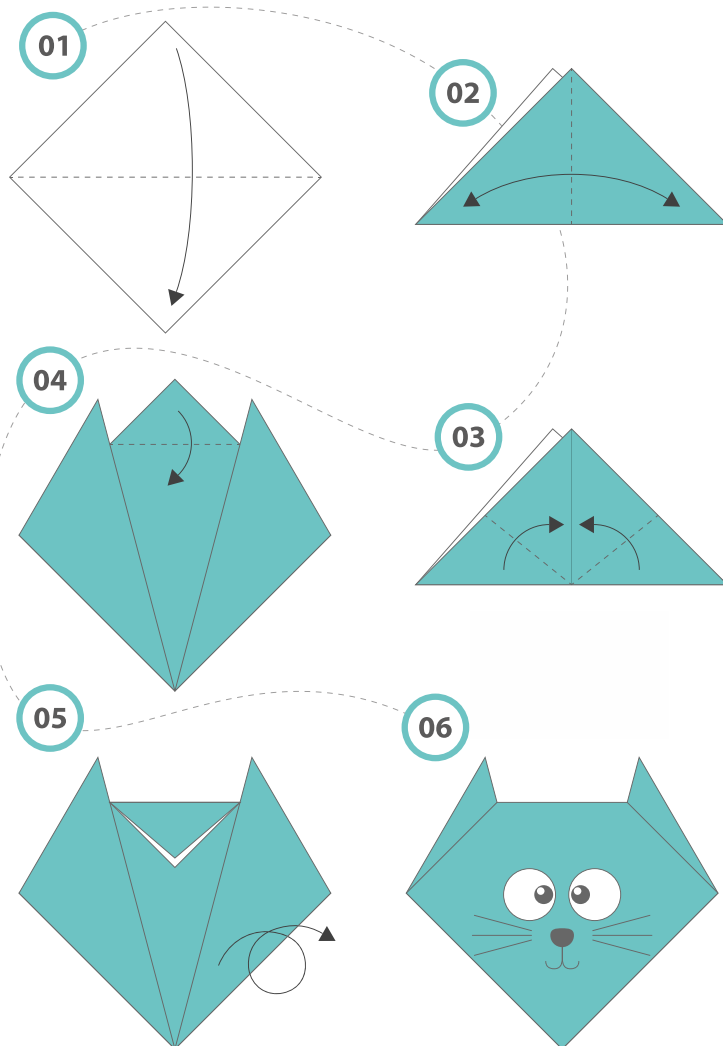
Start an Origami Habit Today!

Origami is an excellent hobby to start. It is accessible anytime and anywhere; all you need is a sheet of paper. Not only is it a cheap activity, but it has many benefits for a person’s emotional well-being. Studies have shown that origami helps people to focus and to be aware of what is happening in the moment. It is a peaceful hobby that can become a form of meditation. When done with others, it provides a wonderful opportunity to connect. And the result is a beautiful figure that you can display anywhere you’d like!

Source: <https://bit.ly/2EpOjAC>



It's time to make your own origami! Take a blank piece of paper and follow the instructions below. If you have internet access, you can find other instructions to make a different figure. When you finish, talk with your class about how you felt while you were doing origami. Was it relaxing or stressful? Why?



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Oral Communication

How much water do you drink per day?

Drink More Water!



Listen to a nutritionist talk about the importance of making drinking water part of your daily habits. Circle the items that are true according to what the nutritionist says.

Water is easier to drink than Coke.

Water carries oxygen to your entire body.

Water makes your skin lighter.

Your brain functions better if you drink more water.

Water helps regulate your body temperature.

Water increases your blood pressure.

Water can help you lose weight if you drink it with soda.

One of the symptoms of dehydration is a bad headache.

Interesting Facts

Sometimes we don't appreciate how incredibly important water is. Here are some fun facts about H_2O .

- Our bodies are about 60% water and our blood is about 90% water.
- Almost 80% of our brain tissue is water.
- Water is necessary for the kidneys and other organs.
- The average person can survive only for about one week without water, but one month without food.



In groups of 3 students, create a poster promoting drinking more water. Use some of the facts that you heard in the recording and write at least 5 sentences for your poster using the zero or first conditional. Sketch your poster here, then draw it on a poster board at home.



Achievement Level - Listening

Individual activity

1— Listen to a psychologist talk about the bad habit of interrupting and how to stop it. Answer the questions based on what you hear.

1. Who interrupts more, men or women? _____
2. How do many societies see interrupting? _____
3. What is the first step to break a bad habit? _____
4. What should you make your objective in a conversation? _____
5. What will help you to stay present in the conversation? _____

Achievement Level - Grammar

Individual activity

2— Complete each one of these sentences in an original way.

1. If I don't sleep well the night before an exam, _____.
2. If _____, my parents will be angry.
3. I wish that my best friend _____.
4. I wish I _____.
5. If I feel sad, I _____.

Achievement Level - Reading

Individual activity

3— Read the following text about the bad habit of biting your nails and decide if each of the sentences that follow are **True (T)**, **False (F)**, or **Not Mentioned (NM)**.

According to recent studies, approximately half of teenagers bite their nails. It seems that if your parents bite their nails, you are more likely to bite yours too. Scientists say that nail biting is associated with emotional or mental trouble – people who are nervous, anxious, or depressed tend to bite their nails. This is a bad habit because it can make you sick, or make your nails grow strangely.

But don't worry, there are several techniques you can use to try to break this habit. You can cut your nails short so there is nothing to bite. You can paint them with nail polish. There is even a special one for people who bite their nails that

tastes really awful! You can wear gloves to cover your fingers. You should also find something to keep your hands and mouth busy. This could be a stress ball, a pen... and for your mouth, a piece of gum.

No matter what technique you use, you need to find what makes you bite your nails in the first place. Are you nervous? Anxious? Depressed? Usually the best way to break a bad habit is to get to the root of the problem and solve that. Then you will notice that the habit is no longer a habit.

Adapted from: <https://wb.md/3aXVIn2>

1. About 25% of teens bite their nails.

☐ T ☐ F ☐ NM

2. People with addictions bite their nails.

☐ T ☐ F ☐ NM

3. One of the consequences of biting your nails is getting sick.

☐ T ☐ F ☐ NM

4. A technique to stop biting your nails is to keep your hands occupied.

☐ T ☐ F ☐ NM

5. Even if you find the cause of a habit, it won't help you to break it.

☐ T ☐ F ☐ NM

Achievement Level - Speaking

Group activity

- 4— Work with a partner. One person is Student A and the other person is Student B. Student A is a teenager and Student B is a parent (mother or father). Student B is trying to convince student A to establish good habits. Create a dialogue with 8-10 lines per student and at least two first conditionals and perform it.

I'm completing this self-evaluation based on what I learned in the module.

Self-evaluation

Topics	I check ✓ the box that most applies to me			
	I do it very well	I do it somewhat well	I can improve	I can't do it without help
Use zero and first conditional				
Talk about wishes				
Give advice on breaking bad habits				



Project 2



Tip

Sometimes talk shows are spontaneous, with a lot of emotion displayed by the participants. Instead of just memorizing your lines in the dialogue, try to really speak them, feel them, pretend you are really participating in a live show. Don't worry about memorizing word-for-word, just speak English naturally if you forget your lines!

Notes

Self-Improvement Talk Show

We have spent this module talking about good and bad habits. For this final project, you are going to work in groups of 4-5 students to create a talk show.



There are many talk shows on television that deal with different issues: families, relationships, gossip, and other topics. The talk show that you are going to create is for self-improvement. Follow the steps below.

Step 1

Form groups of 4-5 students. Decide who is going to be the host of the talk show and who are going to be the guests.

Step 2

Determine the role of each guest. Who are the people who are looking for help? Are the rest of the guests family members, friends...? Determine the problem. Determine if you need any props (items that will help your talk show come to life).

Step 3

Develop a dialogue among the participants. You need to use every element from the left side of the triangle on the first page at least once in your talk show. Each participant should have between 8-10 lines ("hi" does NOT count as a line!)

Step 4

Perform your talk show in front of the class. The class can be the live studio audience, so they can ask questions or make comments to the participants.

Step 5

When all groups have performed, discuss the experience as a class. Did you have a lot of topics in common among the groups? Who was the most entertaining?