

VOLUNTEERING

(the 9th form)

Work in three groups and come up with three ways what to do with these things.



You may use the following phrases:

We can...

There is a possibility....

It is also possible to....

It may serve as a....

How about Ving.....?

Why not V.....?

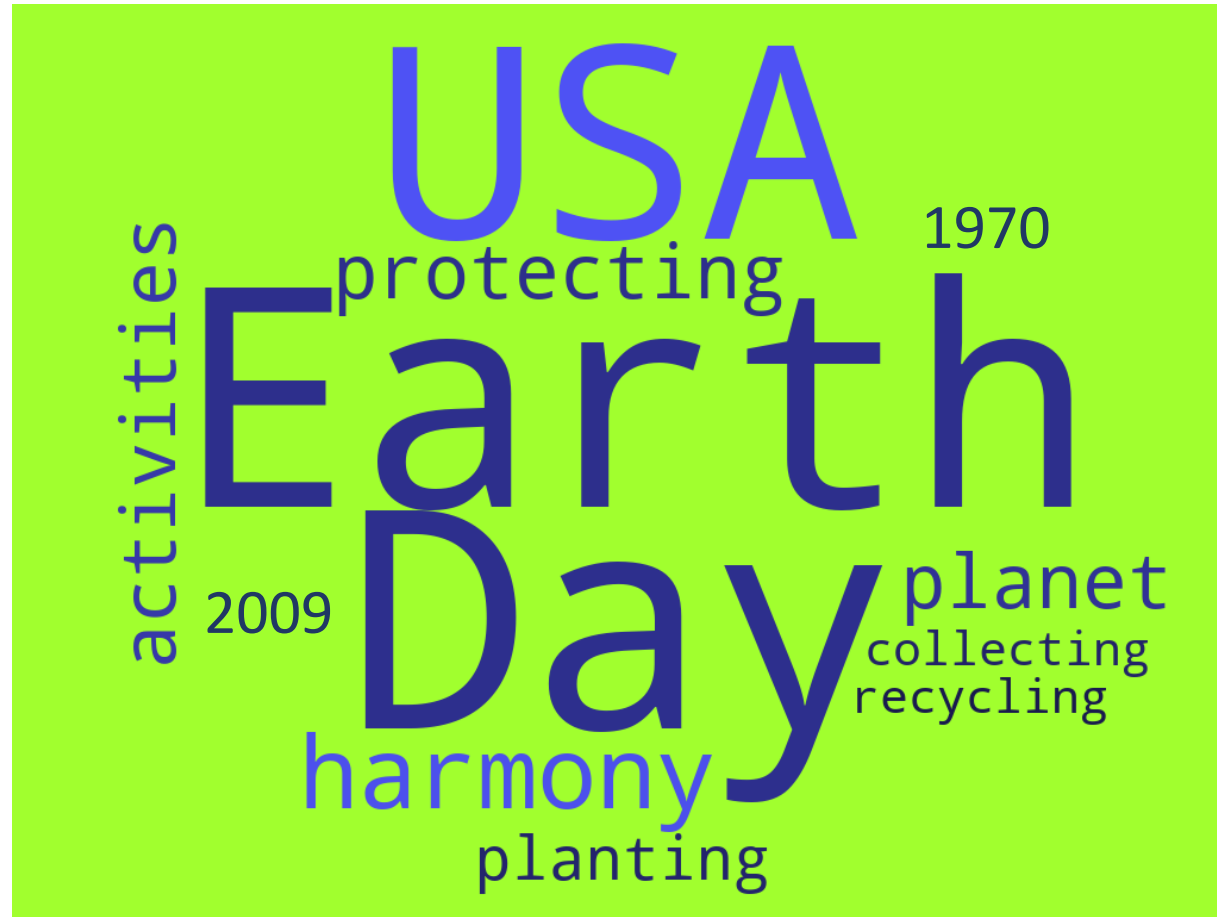
How can these items be connected with the following date?



the 22nd of April



Look at the word cloud and answer my questions.



Look through the letter and say what activity the schoolchildren are supposed to join and why Mike cannot make a decision on taking part in it.

Hi, guys. I am Mike. I am at my wits' end!

At 11 am on Saturday we have a school clean-up day. But my friend has invited me to his birthday party at 3 pm and I will have to buy him a present before it. Moreover, I always clean my room at weekends. What's more, I have a lot of homework to do – a social project, you see? And, unfortunately, I can't put off even some of these activities till Sunday because I always look after my younger sister on this day. To volunteer or not to volunteer? What should I do?

Study the texts to find 3 ways out. Read and mark the key ideas.

- You have probably noticed that most of us are so overloaded with work and personal matters that we don't even have any idea how to cope with it and not to be in a hurry. We experience a kind of emotional tension, panic attacks, and discomfort. All of this leads to apathy and a depressed mood. Psychologists believe that there are ways out of the time-lacking situation.
- If you don't want to suffer from depression —you have to deal with **a *time management!*** Time management is the ability to effectively manage and control your own time! It includes choosing most essential points, dividing your activities into primary ones, which cannot wait, and secondary ones, which can be finished a few hours later. Make a rule to plan specific tasks in a notebook all the time! You should always start with the most difficult — and your day will be smooth and effortless. Don't forget about breaks and delegating tasks.
- Another way to save your time is ***generating alternatives.*** The wider the options you explore, the better your final decision is likely to be. Generating a number of different options may seem to make your decision more complicated at first, but the act of coming up with alternatives forces you to dig deeper and to look at the problem from different angles. Such a decision making may include multitasking, putting some things off or changing the ways.
 - ***Slow flow*** is one more solution to the time-lacking situation which is the least stressful. It is about consuming less and taking a slower approach to everyday life. It means being intentional with your leisure time. It's about learning how to politely say no – and being ruthlessly protective of your free time. And it's about spending your free time doing what you're passionate about. Just clear time for things that really bring you joy, avoid risks. It helps you manage stress, lowers your blood pressure, reduces chronic pain and improves your sleep.

Now it's up to you to help Mike using one of these directions. Discuss and type ideas in your column.

TIME MANAGEMENT	GENERATING ALTERNATIVES	SLOW FLOW

Make the statement arranging the words in the right order.

*a little bit better or worse/ choice / your/ can make/
someone's / even without intending to /life*

Which one is correct?

- **Your** choice can make **someone**'s life a little bit better or worse even without intending to.
- **Someone**'s choice can make **your** life a little bit better or worse even without intending to.

Only our mutual choice can change the environment for the better.

Thank you