

Overview

Watch the video podcast. Which person do you have most in common with?

1 Read and complete the words in Pasha's introduction. Then watch the video podcast from 0:10-0:21 and check your answers.

Hello. I'm ¹ in a really ² g ___ mood today. The ³ s ___ is out and that ⁴ a _____ brings a ⁵ s _____ to my face. How are you ⁶ f _____ today?

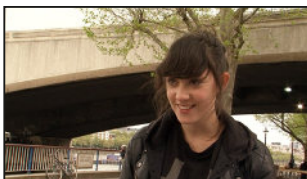


Glossary: *in a good mood* = feel happy; *bring a smile to your face* = make you smile

2 How are you feeling today? Check the meaning of any unknown words in the box in a dictionary. Then watch the video podcast from 0:21-1:06 and tick (✓) the answers you hear. What are the FOUR words or phrases that you don't hear?

pretty good excited a good day worried really good
 really amazing stressed well-balanced and optimistic distressed
 quite happy and confident exhausted very happy, very relaxed

3 Look at the people below and read more about how they are feeling 1-6. Then watch the video podcast from 0:21-1:06 again and match the feelings to the reasons a-g below. There is ONE extra reason that you do not need.



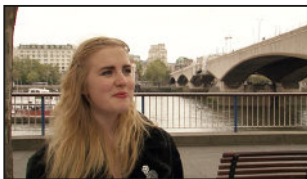
Dee

1 Dee's feeling stressed
 ___ c ___



Charlie

4 Charlie's feeling well-balanced and confident because he _____



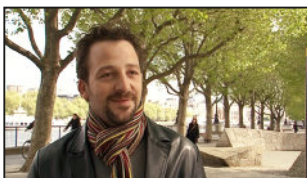
Tracey

2 Tracey's feeling excited because she _____



Mark

5 Mark says it's a good day because he _____



Paul

3 Paul's feeling happy and relaxed because he _____



Elizabeth

6 Elizabeth's feeling really good because _____

- a) had a good start to the day.
- b) it's a beautiful day and she's wandering around London.
- c) due to a lot of work.
- d) has come from New York to visit London.
- e) they're having a fun time.
- f) and his wife are having a day off today.
- g) is doing a documentary on film for a school project.

Glossary: *due to* = because of; *to wander* = walk slowly with no particular purpose; *a day off* = not go to work

4 Would you describe yourself as an optimist or a pessimist? Watch the video podcast from 1:09-2:06. Underline the correct answer for each person.

- 1 optimist / pessimist / both
 2 optimist / pessimist / both
 3 optimist / pessimist / both
 4 optimist / pessimist / both
 5 optimist / pessimist / both
 6 optimist / pessimist / both
 7 optimist / pessimist / both

5 Look at the people in the pictures and read their answers. Then watch the video podcast again from 1:11-2:07 and tick (✓) what they say.



Dee

- 1 a) ...it's best to think what you can do and not what you could've done. ✓
 b) ...it's best to do what you can and not what you could've done.



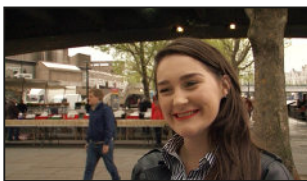
Graham

- 2 a) I don't expect bad, you know, disasters or to be let down in things.
 b) I don't expect bad, you know, disasters to happen or to be let down in things.



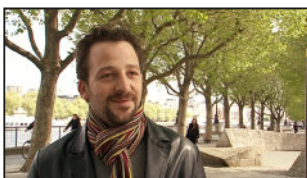
Charlie

- 3 a) I mean, I am pretty optimistic about my...myself.
 b) I mean, I am an optimist about my...myself.



Brogan

- 4 a) Whenever I get in a tricky situation, I always get a bit frustrated at first...
 b) Whenever I get in a tricky situation, I might get a bit frustrated at first...
 5 a) ...but I always manage to pull myself through and think of the positives.
 b) ...but I always manage to pull myself through and think positive.



Paul

- 6 a) I do tend to plan and cater for the worst case, but more often than not, I'm then happily surprised when things go well.
 b) I tend to plan and cater for the worst case, but more often than not, I'm happily surprised when things go well.

Glossary: *disaster* = a very bad event; *to let down* = not do something you promised to do; *whenever* = every time; *tricky* = difficult; *frustrated* = angry or impatient because you can't do what you want to do; *tend to* = be likely to do/often do; *cater* = be prepared

6 What's the best thing that's happened to you this year? Watch the video podcast from 2:07-3:17 and delete the incorrect answers: a, b or c.



Paul

- 1 The success of the business he opened
a) with his wife b) in London c) last June.



Graham

- 2 The successes he's had
a) in the garden b) growing flowers
c) growing fruit.



Tracey

- 3 She went to Canada
a) with her father b) two weeks ago
c) and saw lots of amazing sights.



Elizabeth

- 4 She got a job
a) as a trainee solicitor
b) which she's very excited about
c) and it was easy to do.

The way we speak

7 Would you describe yourself as an optimist or a pessimist? Watch the video podcast from 1:10-2:06 and complete the responses.



Graham

- 1 I *think* I am an optimist. I think _____ I look on the bright side. I _____ I see the best in people.



Charlie

- 2 I _____ I swing between the two. I _____, I am pretty optimistic about my... myself.



Paul

3 I _____ myself to be more of a 'functional pessimist'.



Elizabeth

4 _____ an optimist, but I _____ be realistic about things and then I'm not disappointed.

Glossary: *look on the bright side* = be optimistic/see the positive things; *swing* = move from one side to the other; *'functional pessimist'* = a person who plans for/expects bad things to happen

Personalisation

8 Write your answers to the questions.

1 How are you feeling today? Why?

2 Would you describe yourself as an optimist, or a pessimist? Why?

3 What's the best thing that's happened to you this year?

BBC LINK



A US study suggests that optimistic women are less likely to suffer heart disease and live longer.

<http://news.bbc.co.uk/1/hi/health/8193180.stm>