

Міністерство освіти і науки України  
Національний університет водного господарства та  
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Кафедра іноземних мов

**07/07-126М**

## **МЕТОДИЧНІ РЕКОМЕНДАЦІЇ ТА НАВЧАЛЬНІ ЗАВДАННЯ**

з освітньої компоненти «Іноземна мова»  
(рівень володіння мовою – А2+) до практичних занять  
з розвитку англомовних мовленнєвих навичок для здобувачів  
вищої освіти першого (бакалаврського) рівня усіх освітньо-  
професійних програм спеціальностей НУВГП  
денної та заочної форм навчання

Схвалено науково-методичною  
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Методичні рекомендації та навчальні завдання з освітньої компоненти «Іноземна мова» (рівень володіння мовою – А2+) до практичних занять з розвитку англomовних мовленнєвих навичок для здобувачів вищої освіти першого (бакалаврського) рівня усіх освітньо-професійних програм спеціальностей НУВГП денної та заочної форм навчання [Електронне видання] / Мудрик Д. П., Осецька Н. Ф. – Рівне : НУВГП, 2026. – 38 с.

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## ПЕРЕДМОВА

Методичні вказівки та навчальні завдання призначені для розвитку англomовної лексичної та комунікативної компетентності здобувачів освітнього рівня «Бакалавр». Матеріали спрямовані на формування навичок читання, говоріння, письма та аудіювання відповідно до рівня володіння мовою A2+.

Методична розробка містить автентичні тексти сучасної тематики, лексичні вправи, завдання до та після читання, а також комунікативні вправи для роботи в парах і групах. Особлива увага приділяється розвитку словникового запасу, формуванню навичок висловлення власної думки, аргументації та участі в обговоренні.

Матеріали можуть бути використані для:

- ознайомлювального та пошукового читання;
- розвитку навичок роботи з новою лексикою;
- формування навичок усного мовлення;
- написання коротких письмових висловлювань;
- розвитку критичного мислення через обговорення актуальних тем.

Кожен урок містить:

- лексичний блок;
- інтерактивні онлайн-вправи;
- завдання до читання (pre-reading);
- завдання під час читання (while-reading);
- післятекстові комунікативні завдання;
- письмове завдання;
- рольову гру.

Інтерактивні вправи сприяють активізації словникових одиниць та закріпленню матеріалу. Запропонована структура уроків дозволяє поєднувати індивідуальну, парну та групову роботу.

Автори сподіваються, що запропоновані матеріали підвищать мотивацію студентів до вивчення англійської мови та сприятимуть розвитку впевненості у використанні її в реальних комунікативних ситуаціях.

## **Lesson 1. Successful people. Bad Bunny.**

### **1.1. Vocabulary support:**

- identify with someone** – to feel that you understand someone because you have similar feelings, experiences, or problems.
- have a connection to** – to have a relationship or link with someone or something.
- according to census data** – based on official population information collected by the government.
- economic damage** – financial loss or harm to businesses, jobs, or the economy.
- school closures** – situations when schools are temporarily closed and students cannot attend classes.
- public university** – a university funded mainly by the government and usually cheaper for students.
- send a message of unity** – to show people that everyone should stay together and support each other.
- guest appearance** – a short participation by a famous person in a show, event, or program.
- controversial figure** – a person who causes strong disagreement or different opinions among people.
- reach new places** – to arrive in or become available in new locations or areas.
- poor communities** – groups of people who live in areas with low income and limited resources.
- cultural identity** – the traditions, language, beliefs, and customs that make a group of people unique.
- defend a language** – to protect a language and support its use in society.

**1.2. Before you start the tasks, please look at the links below. They contain the key vocabulary and explanations. Read the words and their meanings carefully before doing the exercises.**

<https://wordwall.net/uk/resource/108062497>

<https://wordwall.net/uk/resource/108063040>

**1.3. Practice the vocabulary using the link.**

<https://wordwall.net/uk/resource/108063479>

**2.1. Watch a TikTok video and guess the lesson topic.**

<https://www.tiktok.com/@bainbridgejenna/video/7604674374540561678>

## 2.2. Answer the questions:

1. Why do you think people are dressed like grass?
2. How does this image make you feel: confused, amused, impressed? Why?

## 2.3. Read the statements and decide if you agree or disagree. Explain briefly.

- Artists should sing in English to be successful.
- Language is an important part of identity.
- Music can show social problems.
- Big events like the Super Bowl can be political.

## 3.1. Before reading, try to guess the meaning of these words from the topic:

- √ identity
- √ accent
- √ community
- √ migration

## 3.2. Read the text quickly and choose:

- the main idea;
- the purpose of the text (to entertain / explain / criticize / describe).

### **As a Puerto Rican, Bad Bunny's Super Bowl show felt personal**

**10 February 2026**

By Ronald Ávila, BBC Mundo

On Sunday, Bad Bunny became the first artist to perform a Super Bowl halftime show **entirely in Spanish**.

Like Bad Bunny, I have heard people say that my Puerto Rican Spanish is hard to understand.

When people ask why I identify with him, one thing always comes to mind: **at some point in our lives, we both worked in supermarkets**, packing groceries for customers.

Many people in Puerto Rico have done the same. This connection is not only about work. It is about **where we come from**.

Bad Bunny, whose real name is Benito Martínez Ocasio, grew up in Vega Baja, a small town in the north of Puerto Rico. I grew up in San Lorenzo, a small town in the south-east.

His mother was a schoolteacher and his father was a truck driver. My mother worked in a factory and had no connection to the media world.

Our childhoods felt far from San Juan, even though the capital was less than an hour away.

Trips to the city were special events. We woke up early, dressed well, and planned where we would eat.

Very often, those trips were to Plaza Las Américas, the biggest shopping mall on the island. Bad Bunny once said that when you were there, you did not even know where you were.

Like him, I learned English as an adult. I speak it with an accent, even though I am a US citizen, like all people born in Puerto Rico.

For many of us, learning English depends on money. Not everyone can pay for private classes.

According to US census data, **only 22% of people in Puerto Rico say they speak English very well.**

Life in small towns moved slowly. We had little public transport, few tourists, and not many big events.

At the same time, our lives were shaped by a long public debt crisis and bankruptcy. These problems caused deep political, social, and economic damage.

Over the past 30 years, money problems have left Puerto Rico with a weak electricity system that often fails during hurricanes.

There has also been mass migration, violence, school closures, and cuts to the public university.

In 2018, in his song *Ser Bichote*, Bad Bunny sang about schools closing while drug-selling places stayed open.

The word *punto* means a place where illegal drugs are sold. Many parents warned their children to stay away from them.

This line was something **only Puerto Ricans truly understood**, while others simply danced to the music.

During the Super Bowl show, Bad Bunny sang songs like *Tití Me Preguntó* and *Baile Inolvidable*.

The stage showed sugarcane fields, a small rural house, and El Morro, the historic fort in Old San Juan.

The music included salsa, reggaeton, bomba, and plena.

There were guest appearances by Lady Gaga and Ricky Martin, and cameos from famous actors and artists.

The show sent a message of unity for Latinos, but it was clearly **for Puerto Rico.**

Bad Bunny is not loved by everyone on the island. He is still a controversial figure.

However, many Puerto Ricans see their own lives in his music. His songs talk about the tension of growing up in a place with a strong identity, but limited political power.

Puerto Rico cannot vote in US presidential elections, and its representative in Congress has no vote.

Without full political power, **culture becomes our voice to the world**. Bad Bunny has made that voice louder than ever.

Reggaeton has reached places no one imagined.

Bad Bunny recently made history by winning **Grammy Album of the Year** with an album completely in Spanish.

In the past, reggaeton was often rejected and even persecuted in Puerto Rico.

It came from poor communities and Afro-Caribbean youth. Police often raided clubs where this music was played.

Artists like Daddy Yankee, Tego Calderón, and Don Omar helped bring reggaeton to the mainstream. Bad Bunny honored them during the Super Bowl.

Another important achievement is how Bad Bunny **defends Puerto Rican Spanish**.

Many Latin artists used English to become famous. Bad Bunny became famous using **our words and our accent**.

Some people say his Spanish is hard to understand. I hear the same thing about my own Spanish.

Even the US president commented that nobody understands what he is saying.

Still, many listeners become curious. They learn words like *pichear* (to ignore) or *janguear* (to hang out). For many of us, this feels powerful. On Sunday night, in front of millions of people, Puerto Rico was seen, heard, and respected. And for the first time in a long time, it felt like the world was truly listening.

### 3.3. Decide if the statements are true (T) or false(F).

<https://wordwall.net/uk/resource/108689707>

1. Bad Bunny performed his Super Bowl halftime show entirely in Spanish.
2. The writer and Bad Bunny both worked in supermarkets when they were younger.
3. Bad Bunny grew up in San Juan, the capital of Puerto Rico.
4. The writer learned English as a child at school.
5. According to census data, most people in Puerto Rico speak English very well.

6. Puerto Rico has problems with its electricity system, especially during hurricanes.

7. The song *Ser Bichote* talks about schools closing while drug-selling places stay open.

8. Reggaeton was always popular and accepted in Puerto Rico.

9. Bad Bunny became famous mainly by singing in English.

10. The Super Bowl show helped make Puerto Rican culture visible to the world.

### 3.4. Complete the sentences with the words given below.

1. working in supermarkets when they were younger,

2. woke up early, dressed well, and planned where they would eat,

3. say they speak English very well,

4. drug-selling places stay open,

5. their own lives, struggles, and identity,

6. has limited political power and influence,

7. as sugarcane fields, a small rural house, and El Morro,

8. electricity system that often fails during hurricanes,

9. depends on money / depends on whether people can pay for private classes,

10. far from the capital / far from San Juan

• The writer feels a personal connection to Bad Bunny because they share a similar background, including .....

• Bad Bunny and the writer both grew up in small towns, which made their childhoods feel ..... even though it was nearby.

• Trips to San Juan were special because the families .....

• Learning English in Puerto Rico is not easy for everyone because it often .....

• Census data in the text shows that only a small percentage of people in Puerto Rico .....

• The text explains that long-term financial problems caused serious damage to Puerto Rico, including a .....

• In the song *Ser Bichote*, Bad Bunny criticises the fact that schools are closing while .....

• During the Super Bowl halftime show, the stage design showed important symbols of Puerto Rico, such as .....

• Although Bad Bunny is a controversial figure, many Puerto Ricans feel connected to his music because it reflects ....

• The article suggests that culture has become Puerto Rico's main way to speak to the world because the island .....

### 3.5. Original title is boring. Create:

- ∨ clickbait title
- ∨ poetic title
- ∨ serious academic title

Vote for the best one.

### 4.1. Answer the questions in full sentences.

1. Why does the writer feel a strong connection to Bad Bunny?
2. Why was performing entirely in Spanish at the Super Bowl important?
3. How does Bad Bunny's music reflect the problems of Puerto Rico?
4. Why do you think some people say Bad Bunny is a controversial figure?
5. Do you think music can be a voice for people without political power?

Why?

### 4.2. Read the statements and agree or disagree. Give one reason.

1. Artists should sing in English to be successful worldwide.
2. Big international events should include local cultures and languages.
3. Music can help people understand social problems.
4. Accent is not an important part of identity.

### 4.3. Role play (speaking)

Work in pairs.

*Student A:* You are a music journalist.

*Student B:* You are a Bad Bunny fan from Puerto Rico.

Student A asks questions about why the Super Bowl show was important.

Student B answers using ideas from the text.

**5.1.** Do you agree that language and music are important parts of cultural identity? Use examples from the text and your own ideas. Write **80–100 words**.

### 6.1. The links below are for homework vocabulary practice.

<https://wordwall.net/uk/resource/108069239>

<https://wordwall.net/uk/resource/108069263>

<https://wordwall.net/uk/resource/108069322>

## **Lesson 2. You are never too old.**

### **1.1. Vocabulary support:**

- age stereotypes** – fixed ideas about people because of their age
- send a positive message** – say something encouraging or good
- strong personality** – a confident and clear character
- sense of humor** – ability to laugh and make jokes
- in front of the camera** – when someone is being filmed or photographed
- people of different ages** – young and old people
- modern lifestyle** – the way people live today
- feel good at any age** – feel happy and confident at any age
- pay attention to** – look carefully or think about something
- get advice from** – receive help or suggestions from someone
- find someone inspiring** – think someone gives you motivation

**1.2. Before you start the tasks, please look at the links below. They contain the key vocabulary and explanations. Read the words and their meanings carefully before doing the exercises.**

<https://wordwall.net/uk/resource/108690392>

<https://wordwall.net/uk/resource/108079538>

### **1.3. Work on the vocabulary using the link.**

<https://wordwall.net/uk/resource/108079345>

**2.1. Read the following statements. Do you think these are stereotypes? Do you agree or disagree?**

Use the scale:

1 – strongly disagree |

2 – disagree

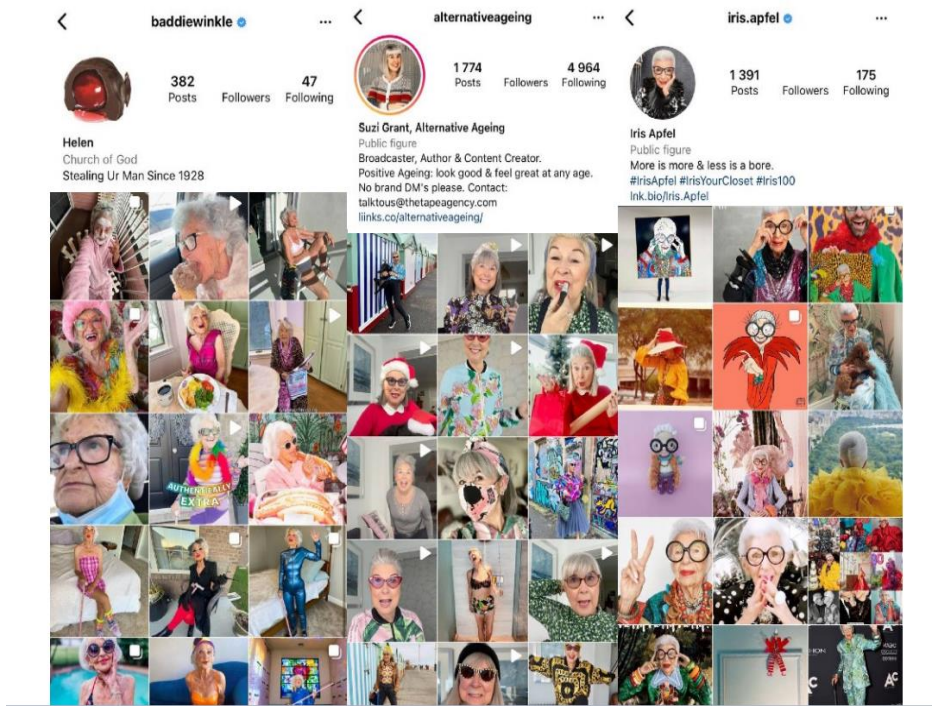
3 – not sure

4 – agree

5 – strongly agree

- Influencers don't have a stable job.
- Influencers start their blogs as a hobby.
- Only young people can become influencers

**2.2. Take a look at these Instagram accounts. How many followers do you think they have? How old are these bloggers in your opinion.**



What can their blogs be about? Would you like to follow them? Why (not)?  
Useful language (model phrases)

- I think she has about ... followers.
- She looks around ... years old.
- Her blog might be about fashion / lifestyle / travel / daily life.
- I would like to follow her because ...
- I wouldn't like to follow her because ...

Compare your ideas with your partner. Do you agree or disagree?

**3.1. Watch the video**

<https://www.bbc.com/news/av/uk-51465044>

**and name 3 reasons how social media can help feel the best you can at 70.**

**3.2. Watch again and say if these sentences are true or false. Correct the false sentences.**

- A. Brands start to pay more attention to older people. – \_\_\_\_\_
- B. Suzi wants other people to wear beige clothes. – \_\_\_\_\_

C. Social media help Suzi improve memory and attention. – \_\_\_\_\_

D. Suzi got advice from her community about cooking. – \_\_\_\_\_

• Do your grandma or granddad use smartphones/social media? Why (not)?

• Do you think it's important for older people to have social media? Why (not)?

*Which fact surprised you the most? Why?*

#### **4.1. Read a short article about Suzi Grant and match the words in bold with their meaning.**

**Suzi Grant** is a popular Instagram influencer.

She is often called an “**Instagram grandma**” because she is an older woman who is very active on social media.

She became famous because of her **unique style and confidence**. On her Instagram page, Suzi Grant posts **fashion photos, stylish outfits, selfies, and short videos**.

Her clothes are modern, fashionable, and sometimes bold. She likes to experiment with different looks and poses.

Many people follow Suzi Grant because she **breaks age stereotypes**.

She shows that fashion and self-expression are not only for young people.

Her content sends a positive message: **age does not limit confidence, beauty, or creativity**.

Suzi Grant is also known for her **strong personality and sense of humor**. She often looks relaxed and confident in front of the camera. Because of this, people of different ages find her inspiring.

Today, she is an example of how **older people can succeed on social media** and enjoy a modern lifestyle. Her Instagram account encourages people to **be themselves and feel good at any age**.

**A.** someone who is known by many people

**B.** not afraid to try new things

**C.** special and different from others

**D.** a person who influences others on social media

**E.** having strong belief in yourself

**F.** brave or very noticeable

**G.** gives motivation or good feelings

**H.** ideas that are not always true about a group of people

**4.2. Read the facts about Suzi Grant and describe her using the adjectives from the previous exercise. Different options are possible.**

1. She posts fashion photos and stylish outfits on Instagram. She is fashionable / stylish.

2. She is not afraid to try new clothes and poses. She is \_\_\_\_\_.

3. Many people follow her because she breaks age stereotypes. She is \_\_\_\_\_.

4. Her content shows that age does not limit beauty or creativity. She is \_\_\_\_\_.

5. She looks relaxed and confident in front of the camera. She is \_\_\_\_\_.

6. People of different ages find her motivating and interesting. She is \_\_\_\_\_.



**5.1. Think of your favourite influencer, write down a couple of facts about them and describe them using the adjectives from the previous exercise.**

- real influencer
- family member (grandma / grandpa)
- imaginary influencer at 70+

Write **80–100 words**

**6.1. Tell your group mates about your favourite influencer.**

**7.1. The links below are for homework vocabulary practice**

<https://wordwall.net/uk/resource/108079460>

<https://wordwall.net/uk/resource/108079818>

## Lesson 3. Micro Living.

### 1.1. Vocabulary support:

- designer kitchen** – a kitchen made with a special modern design
- rent** – money paid to live in a house or apartment
- limited** – not large or not much
- young professionals** – people at the beginning of their careers
- save money** – keep money instead of spending it
- residents** – people who live in a place
- organize** – to arrange things in order
- avoid** – to stay away from something

1.2. Before you start the tasks, please look at the links below. They contain the key vocabulary and explanations. Read the words and their meanings carefully before doing the exercises.

<https://wordwall.net/uk/resource/108817797>

<https://wordwall.net/uk/resource/108817897>

2.1. Look at the flats below. Work in pairs. Describe the flats using the points and words below.

Describe the flats considering the following points:

- color scheme and furniture
- hyggelig or not? What makes the flats cozy?
- airy or cluttered?
- lots of space or not enough space? Why?

*Speaking support (optional on the board):*

I think this flat is...

It looks cozy because...

It feels cluttered because



### 3.1. Read a short article about micro living. Do you like this concept? Why (not)?

<https://wordwall.net/uk/resource/108298919>

**Micro living means** small apartments that are on average **20 to 35 square meters** in size. Various living areas take place in this area:

- Sleeping place
- Sitting area
- Kitchen
- Workplace
- Bathroom

Such a small living space can often be rented already **furnished**, so a new resident can move in without their furniture and devices. Such apartments use **multifunctional furniture**; for example, the bed is also a storage space, and only the most necessary equipment moves into the micro apartment – then it's a small kitchenette instead of a spacious designer kitchen.

**Micro living is popular in big cities**, where rent is expensive and space is limited. It is often chosen by **students, young professionals, or people who live alone**. Living in a micro apartment helps people **save money** and keep their home simple. However, residents need to **organize their space carefully** and avoid having too many things.

### 3.2. Match the words in bold with their definitions

- can have different uses – \_\_\_\_\_
- to put furniture in the house – \_\_\_\_\_
- having lots of space – \_\_\_\_\_
- to start living in a new apartment – \_\_\_\_\_

### 3.3. Read the text again and answer the questions.

1. How big is a micro apartment?
2. Why is micro living popular in big cities?
3. Who usually chooses micro apartments?
4. Why do people like living in micro apartments?
5. What must residents do to live comfortably in a small apartment?

Speaking follow-up (pair work). Discuss your answers with a partner.

### 4.1. Tick the objects you think you will see in the apartment.

- bed
- dining table
- storage bench

- hanging rack
- plants
- desk
- wardrobe
- sofa
- kitchen containers

**Discuss with your partner:** Why do you think these objects are in the apartment? Use the phrases below:

- I think we will see...
- Maybe there is...
- It might have...
- In a small apartment people usually have...

#### 4.2. Watch the video. Where are these objects located in the Kristian's apartment?

<https://www.youtube.com/watch?v=5bqUd28X8Jc>

#### 4.3. Decide if the sentences are True (T) or False (F).

<https://wordwall.net/uk/resource/108298719>

1. The video shows a midi apartment in Manila.
2. There is a hanging rack behind the bedroom door.
3. The dining table is used only for eating.
4. The speaker uses the table as a workspace and study space.
5. The internet is already installed in the apartment.
6. The bench has storage inside.
7. The plants in the apartment look very healthy.
8. All kitchen containers are different colors.
9. The bedroom has gray wallpaper behind the bed.
10. The video ends with a request to like and subscribe.

#### 4.4. Match the object with its functions.

- A. Dining table
- B. Bench
- C. Hanging rack
- D. Bed

1. storage
2. workspace
3. place to eat
4. place to sleep

5. place to keep bags / jackets

(More than one answer is possible)

☐ Speaking: Can you think of another multifunctional object?

#### 4.5. Complete the sentences.

Use words from the video.

1. The hanging rack is behind the \_\_\_\_\_.
2. The table is used as a dining table and a \_\_\_\_\_.
3. The speaker keeps the kitchen very \_\_\_\_\_.
4. Most kitchen containers are black, white, or \_\_\_\_\_.
5. The wallpaper behind the bed is \_\_\_\_\_.

#### 5.1. Apartment tour role-play.

*Student A* – You live in this apartment.

*Student B* – You are a guest visiting for the first time.

Student B asks:

- What is this used for?
- Where do you keep your shoes?
- Where do you keep your bags and jackets?
- Is this table only for eating?
- Where do you work or study?
- Do you have enough storage space?
- Why do you like this apartment?
- What do you like most about this place?
- What is small but very useful here?

Student A answers using:

- We use it as ...
- It is located near / behind / under ...
- It helps us save space.
- It has more than one function.
- We keep ... here.
- It is small but very practical.
- This is important in a small apartment.

#### 5.2 Would you rather...?

<https://wordwall.net/uk/resource/108298559>

Would you rather live in a **small apartment in the city** or a **big house outside the city**?

Would you rather have **one multifunctional table** or **two separate tables**?

Would you rather cook in a **small kitchenette** or **order food every day**?

Would you rather have **open shelves** or **closed cabinets**?

Would you rather sleep in a **small bedroom** or in a **studio space**?

Would you rather have **more light** or **more storage**?

Would you rather work **from home in a micro apartment** or **from a café**?

Would you rather have **plants** or **posters and artwork**?

Would you rather clean a **small apartment every day** or a **big apartment once a week**?

Would you rather share a micro apartment with **one person** or live **alone**?

Would you rather have **a bed with storage** or **a sofa bed**?

Would you rather have **neutral colors** or **bright colors** in a small space?

Would you rather have **less furniture** or **more comfort**?

Would you rather live in a micro apartment for **1 year** or **forever**? 😊


Would you rather design your apartment **yourself** or **rent it already furnished**?

### 5.3. Micro-living challenge.

**You have 25 m<sup>2</sup>. Choose only 5 things.**

- sofa
- dining table
- big bed
- storage bed
- TV
- desk
- wardrobe
- plants

**→ Explain your choices**

Use the prompts below 

- I choose ... because ...
- It is important for me because ...
- I need it to / for ...
- It helps me save space because ...
- I use it every day / often.
- It is small but useful.
- It has more than one function.
- Without it, my life would be uncomfortable.
- In a small apartment, this is necessary.

**5.4. Describe these apartments. How are they furnished? Do you like these interiors?**



After completing these tasks, would you like to live in a micro apartment?

### 6.1. Write 6–8 sentences about your dream micro apartment.

Describe:

- the **colors** in the apartment
- the **furniture**
- the **storage space**
- **plants or decorations**

Use the prompts below to help you.

- My dream micro apartment would be...
- It would have...
- The colors would be...
- There would be...
- I would keep my things...
- I would decorate it with...
- This apartment would be comfortable because...

### 7.1. The links below are for homework vocabulary practice

<https://wordwall.net/uk/resource/108880844>

<https://wordwall.net/uk/resource/108881068>

## Lesson 4. The Joy of Not Fitting In.

### 1.1. Vocabulary support:

- authentic** – real and honest; not pretending
- proudly** – with confidence and positive feelings about yourself
- to pretend** – to act like something is true when it is not
- errands** – small everyday jobs, like shopping or going to the post office
- insecurity** – feeling unsure, not confident about yourself
- false friends** – people who are not real or honest friends
- truly** – really; in a real and honest way
- confident** – believing in yourself and your abilities
- judgments** – opinions about people, often without knowing them well
- to whisper** – to speak very quietly
- without fear** – not feeling afraid
- values** – things that you believe are important in life

1.2. Before you start the tasks, please look at the links below. They contain the key vocabulary and explanations. Read the words and their meanings carefully before doing the exercises.

<https://wordwall.net/uk/resource/108813896>

<https://wordwall.net/uk/resource/108306879>

1.3. Work on the vocabulary using the link.

<https://wordwall.net/play/108306/678/875>

<https://wordwall.net/uk/resource/108816398>

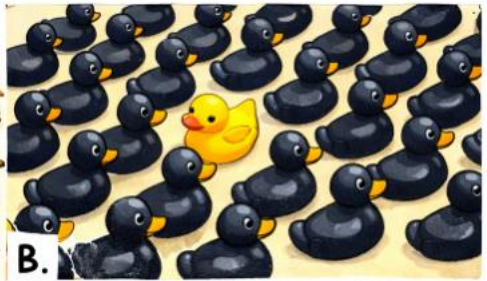
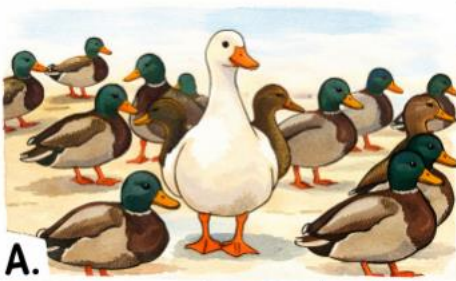
2.1. What can you see in these pictures? Work in pairs and try to choose 5 words or phrases that can describe them.

**Helpful prompts for students**

- What is **different** in the picture?
- Who or what **doesn't fit in**?
- How does the person / object **feel**?
- What word can describe being **not the same as others**?
- Is this difference **positive or negative**? Why?

**Think about vocabulary connected to:**

- feelings (e.g. confident, lonely, proud)
- being different (e.g. stand out, unique, unusual)
- social situations (e.g. group, crowd, others)
- behaviour (e.g. pretend, be yourself)
- values (e.g. freedom, courage, individuality)



**Before reading discuss:**

- Why do people want to fit in?
- Is it always good to fit in?
- Is it better to be different?

**3.1. You're going to read an article called *The Joy of Not Fitting In*. Work in pairs and discuss how these words and phrases might be connected to the topic.**

popularity, microcosm of society, bullying, survival, pretending, compromise yourself

<https://www.bonbonbreak.com/the-joy-of-not-fitting-in/>

**Now read the article and check your ideas.**

**The Joy of Not Fitting In**

When the author first worked as a reporter, she met a ninth-grade girl and asked, “*Do you think I am pretty?*” The girl replied, “*Yes, but I’m not popular.*” Even though she was smart and kind, she cared more about fitting in her school than anything else.

The author realized many young people feel the same. Some students didn’t like sports, others did not want to shop. **They were different**, and many of them wanted to fit in their groups at school.

The author also felt different when she was young. She loved writing, but other kids didn't understand her, and she was bullied. She wished to be popular. However, with time she learned something important: **fitting in is not as important as being yourself**. What matters most is staying true to who you are and loving what you do.

Now she sees fitting in as less important than being **authentic** – real. She writes honestly and proudly about who she is. Here are the steps she took to be true to herself:

**1. Stop pretending to be someone else.** When she was young, she tried to like the same music as others and wear trendy clothes – even if she didn't enjoy them. She realized she was not showing her real self to the world.

**2. Stop trying to be perfect all the time.** Once, she wouldn't leave the house without makeup and perfect hair even for simple errands. This only showed her insecurity. Later she learned that people don't really notice these things.

**3. Spend time with yourself.** She began to enjoy her own company. She wrote, painted, and took time to understand her own feelings. It was like becoming friends with herself again.

**4. Choose true friends.** When she showed her real self, some people left her life and others came in. She realized that false friends often pretend – they try to fit in too. When she stopped pretending, she could see who was truly a friend.

**5. Stop listening to negative thoughts.** She used to be her own worst critic. But when she became more confident, negative thoughts became quiet. She had a strong sense of who she was.

The author says adults sometimes act like high school students. There are still groups, judgments, and moments when you might feel left out – even as an adult. People might whisper, ignore you, or make you feel different. But what truly matters is **being yourself without fear**.

**There is real joy in not fitting in.** It means you have not changed who you are to please others. You live your life in your own way and follow your own values. In the end, what matters most is how you lived and how you made the world better

**3.2. Match the ideas (A–F) with the paragraphs of the text (1–5). Write the correct letter next to each paragraph.**

**Ideas**

- A. Stop trying to be perfect and worrying about small things.
- B. Some people want to fit in even if they are already good and kind.
- C. Being yourself helps you understand who your real friends are.

- D. Spending time alone can help you understand yourself better.
- E. Pretending to like the same things as others hides your real personality.
- F. There is happiness in being different and following your own values.

### **Paragraphs**

1. The author meets a ninth-grade girl who wants to be popular.
2. The author remembers pretending to like the same music and clothes as others.
3. The author stopped worrying about perfect makeup and appearance.
4. The author began spending time alone writing and painting.
5. The author understood who her real friends were when she stopped pretending.
6. The author explains that real joy comes from being yourself.

### **3.3. Read the article again and answer the questions. Discuss in pairs. Do you have similar or different answers?**

<https://wordwall.net/uk/resource/108307872>

1. Why did the ninth-grade girl say she was not popular, even though she was smart and kind?
2. What did the author realize about many young people and fitting in at school?
3. How did the author feel when she was young, and why was she bullied?
4. What important lesson did the author learn with time about fitting in and being yourself?
5. Why does the author say that being authentic is more important than fitting in?
6. How did pretending to like the same music and clothes affect the author?
7. What did the author learn when she stopped trying to look perfect all the time?
8. Why was spending time alone important for the author?
9. How did showing her real self help the author understand who her true friends were?
10. According to the author, why is there real joy in not fitting in?

### **3.4 Choose 3–5 sentences below and complete them with your own ideas. Write full sentences. Be honest – there are no right or wrong answers. Then work in pairs and share your answers. Listen to your partner and say if your answers are similar or different.**

#### **Sentences:**

1. I used to pretend that I liked ... because ...
2. I feel confident when I ...

3. I feel left out when ...
4. A true friend is someone who ...
5. I am proud of myself because ...

Choose **one sentence** and explain it in more detail to your partner.

**3.5. Choose one simple word that best describes the whole text *The Joy of Not Fitting In* and explain why.**

**Instructions:**

1. Read the text again and think about its **main idea**.
2. Choose **one word** that describes the text best. You can use a word from the list below or choose your own simple word.
3. Write **2 short sentences** to explain your choice.
4. Work in pairs and **share your answers**.
5. Say if your answers are **similar or different**.

**Useful words:**

- |            |             |         |
|------------|-------------|---------|
| • yourself | • different | • free  |
| • strong   | • honest    | • happy |
| • real     | • confident | • brave |

**Sentence starters (helpful):**

- I chose the word ... because ...
- This word describes the text because ...
- In the text, the author ...
- For me, this word is important because ...

**Optional follow-up:** As a class, choose **one word** that best describes the text and explain why.

**4.1. Work in pairs and role-play a short conversation between a teenager and an adult.**

<https://wordwall.net/uk/resource/108308749>

**Roles:**

*Student A:* a teenager who wants to fit in at school

*Student B:* an adult who has learned to be authentic and be themselves

**Instructions:**

1. Read your role and think about what you want to say.
2. Student A talks about **problems at school** (friends, clothes, hobbies, popularity).
3. Student B gives **advice** based on personal experience and the ideas from the text.
4. Use **simple sentences** and speak for **1–2 minutes**.
5. **Switch roles** and repeat the conversation.

## **Ideas to help you speak**

*Student A (teenager):*

- I want to fit in because ...
- I feel left out when ...
- Other students like ... but I don't.
- I am afraid people will ...

*Student B (adult):*

- When I was young, I ...
- It's OK to be different because ...
- You don't need to pretend to ...
- What matters most is ...

## **Useful phrases**

- I think you should ...
- In my experience, ...
- Don't worry about ...
- Be yourself and ...

### **5.1. Think about a time when you felt different from others. Write 4–6 sentences about this situation.**

Use some of the words from the lesson if possible:  
*authentic, pretend, confident, values, judgments, false friends.*

You can answer these questions to help you:

- Where were you? (school, friends, hobby group, etc.)
- Why did you feel different from others?
- How did people react?
- How did you feel?
- What did you learn from this experience?

## **Sentence starters**

- One time I felt different when ...
- Other people liked ... but I preferred ...
- At first I felt ...
- Later I realized that ...
- This experience helped me ...

### **6.1. The links below are for homework vocabulary practice**

<https://wordwall.net/uk/resource/108816460>

<https://wordwall.net/uk/resource/108306879>

<https://wordwall.net/uk/resource/108816319>

## Lesson 5. Personal Curriculum.

### 1.1. Vocabulary support:

- personal curriculum** – a learning plan you make for yourself
- set goals** – decide what you want to achieve
- small assignments** – short, easy learning tasks
- learning materials** – books, videos, podcasts for learning
- feel calm and creative** – feel relaxed and full of ideas
- without pressure** – without stress or forcing yourself
- make time for learning** – find time to study
- learning for fun** – learning because you enjoy it
- healthy habits** – good habits for your body and mind
- finish a goal** – complete what you planned

1.2. Before you start the tasks, please look at the links below. They contain the key vocabulary and explanations. Read the words and their meanings carefully before doing the exercises

<https://wordwall.net/uk/resource/108881310>

<https://wordwall.net/uk/resource/108316033>

<https://wordwall.net/uk/resource/108316202>

### 2.1. In pairs discuss the questions:

Have you heard about “personal curriculum”? What do you think it is?

A **personal curriculum** is a learning plan that **you create for yourself**. You choose **what to learn, how to learn, and when to learn**. It helps you learn things you enjoy and need, **without tests or pressure**.

### 2.2. Watch that TikTok video and choose the correct option:

a) personal curriculum is about creating a study program for yourself by yourself.

b) personal curriculum is about buying and doing a study program

c) personal curriculum is about repeating programs from school or university curriculum

<https://www.tiktok.com/@pagesandjournals/video/7546956088617258258>

3.1. Read the text below and do the tasks. Pay attention to the main idea and key details. You do not need to understand every word to complete the tasks.

<https://theeverygirl.com/personal-curriculum-tiktok-trend/>

**Personal Curriculum: Learn What You Love**

*Adapted from The Everygirl article*

In 2025, a new trend became popular on **TikTok**. It is called “**personal curriculum.**” Many people share videos about it online. This idea helps people learn things they enjoy, not just topics from school. This trend gives adults a chance to study what they *really* care about.

### **What Is a “Personal Curriculum”?**

A **personal curriculum** is a plan you make to learn things you choose.

This plan is like school, but better:

- **You choose the subjects.**
- **You decide the schedule.**
- **You learn what you want.**

It can be simple. For example, you can choose books to read, courses to watch, or small projects to do. This is your own learning plan, not homework from school.

People on TikTok make these plans for each season or each month. They post videos with their goals and ideas. Some call it a way to feel calm, creative, and happy while learning.

### **Why Are People Excited?**

Many adults say that a personal curriculum is fun. They like learning without pressure. It does **not** feel like school rules or tests. It helps people:

- learn new skills,
- find new hobbies,
- read more books,
- try healthy habits,
- grow every day.

Some people like the structure of learning, even though it is flexible. They feel good when they finish a goal. For example, reading a book or learning to cook a new dish.

### **How to Make Your Personal Curriculum**

You can make your own curriculum in a few steps:

#### **1. Choose 3–5 Topics**

Write down things you want to learn. These can be fun or useful. For example:

- cooking,
- drawing,
- a language,
- music,
- nature.

Give each subject a name if you want. For example:

- “**Story Time**” for reading books
- “**Kitchen Fun**” for cooking.

This makes learning more exciting.

## **2. Find Materials**

Decide how you will learn. You can:

- read books,
- listen to podcasts,
- watch videos on YouTube,
- join free online courses.

Choose materials that are easy and interesting for you.

## **3. Set Goals for the Season**

A season can be a few weeks or months. Think about what you want to achieve:

- What can I do this season?
- How much time can I spend every week?
- Will this goal feel fun, not hard?

Good goals help you stay motivated.

## **4. Give Yourself Small Assignments**

Assignments are small tasks you enjoy. Examples:

- read two chapters in a book,
- write a short poem,
- try a new recipe.

These assignments make learning active and fun.

## **5. Make Time for Learning**

Put learning on your calendar. For example:

- one hour on Saturday morning,
- an evening session with a book,
- study while drinking tea.

This helps you do your curriculum every week.

## **Example Topics for Your Curriculum**

Here are some fun ideas you can use:

### **1. Literature & Books**

- read a new book
- write your thoughts in a journal
- read poems or short stories

### **2. Cooking & Baking**

- learn cooking basics (boil, bake, roast)
- try new recipes
- share food with friends or family

### **3. Creative Arts**

- paint or draw
- try photography

- make simple DIY crafts

#### 4. Health & Mindfulness

- meditate or stretch
- write a gratitude list
- try wellness habits

#### 5. Nature & Outdoors

- go for walks
- observe nature
- take photos of outdoor spaces

### Summary: Why Try a Personal Curriculum?

A personal curriculum is a simple and fun way to learn new things. You choose what you want to study. You make your own rules. There are no tests, only growth and enjoyment. This trend helps many people use TikTok *not* just to scroll, but to think, explore, and create.

If you want to grow, build habits, or try a new hobby, a **personal curriculum** can help you enjoy learning again.

#### 1. What is a *personal curriculum*?

- A school program with exams
- A plan made by teachers
- A personal plan to learn what you choose
- A university subject

#### 2. Where did the personal curriculum trend become popular?

- At schools
- On TikTok
- In universities
- On TV

#### 3. Why do many adults like a personal curriculum?

- Because it is difficult
- Because it has tests
- Because it is flexible and enjoyable
- Because it is only for students

#### 4. Who decides what to learn in a personal curriculum?

- Teachers
- Parents
- The government
- You

#### 5. How do people usually plan their personal curriculum?

- For one lesson
- For a whole life
- For a season or a month

d) Only for school years

**6. Which of these can be part of a personal curriculum?**

- a) Homework and exams
- b) Books, videos, and small projects
- c) Only school subjects
- d) Daily tests

**7. What is the main idea of a personal curriculum?**

- a) Learning to be the best
- b) Learning faster than others
- c) Learning only popular topics
- d) Learning for growth and enjoyment

**4.1. Discuss Questions**

<https://wordwall.net/uk/resource/108315550>

1. What is a personal curriculum in your own words?
2. Do you like the idea of choosing what you learn? Why or why not?
3. What subjects would you include in your personal curriculum?
4. Would you prefer learning alone or with other people? Why?
5. Do you think learning should always be fun? Why / Why not?
6. How is a personal curriculum different from learning at school?
7. Do you think TikTok can be useful for learning? In what way?
8. What is one thing you would like to learn this season?
9. How much time would you like to spend on learning every week?
10. Would you like to try a personal curriculum in real life? Why / Why not?

not?

**4.2. Look at the learning ideas below. For each idea, decide:**

✓ **Keep it** in my personal curriculum

✗ **Drop it**

Then **explain WHY** using simple English.

👉 You can work **alone**, **in pairs**, or **in small groups**.

**Learning ideas**

- learning a new language
- waking up at 5 a.m.
- reading every day
- doing yoga
- studying something just because it's popular
- learning to cook simple meals
- watching short educational videos
- learning only on weekends
- learning with friends

- learning without pressure

### **Step-by-step prompts (choose 2–4 for each idea)**

Answer some of these questions when you explain:

1. Is this useful for my life now?
2. Does it make me feel good or stressed?
3. Is it realistic for me?
4. Do I enjoy it?
5. Do I have time for it?
6. Is it for me or for other people?
7. Does it help me relax or grow?
8. Would I like to continue next month?

### **To KEEP something**

- *I would keep ... because it helps me ...*
- *I would keep ... because I enjoy ...*
- *For me, ... is important.*
- *It makes me feel ...*
- *Right now, I need ...*

### **To DROP something**

- *I would drop ... because it is too ...*
- *I would drop ... because I don't like ...*
- *It makes me feel ...*
- *I don't have time for ...*
- *This is not for me right now.*

<https://wordwall.net/uk/resource/108316650>

**4.3. Imagine you want to post a TikTok video about your personal curriculum. Write about what you are learning and why.**

### **Step-by-step prompts (choose 3–5)**

Answer these questions in your caption:

1. What are you learning this season?
2. Is it a new skill or a hobby?
3. Why did you choose it?
4. How does it make you feel?
5. When do you usually learn (morning / evening / weekend)?
6. What small goal do you have?
7. Is this learning for fun or for life?
8. Does it help you relax, grow, or feel confident?

### **Useful sentence starters**

- *This season, I'm learning ...*
- *I want to learn ... because ...*

- *It helps me feel ...*
- *I learn in the ...*
- *My goal is to ...*
- *I don't study for tests. I study for ...*
- *This is my personal curriculum.*

**The links below are for homework vocabulary practice.**

### **5.1. The links below are for homework vocabulary practice**

<https://wordwall.net/uk/resource/108316306>

<https://wordwall.net/uk/resource/108882117>

## **Lesson 6. Buy Nothing Day.**

### **1.1. Vocabulary support:**

**consumerism** – a culture where people buy many things and believe buying makes them happy

**overconsumption** – buying and using more than we really need

**lifestyle** – the way a person lives their life

**behaviour** – the way a person acts

**habits** – things we do regularly

**encourage** – to support someone or make them feel confident to do something

**reflect (on something)** – to think carefully about something

**addiction** – a strong need to do something again and again

**credit card debt** – money you owe because you spent more than you have

**Black Friday** – a day with big sales after Thanksgiving in the US

**exchange** – an event where people give and take things instead of buying

**zombie walk** – a protest where people walk like zombies to send a message

**1.2. Before you start the tasks, please look at the links below. They contain the key vocabulary and explanations. Read the words and their meanings carefully before doing the exercises**

<https://wordwall.net/uk/resource/108517268>

<https://wordwall.net/uk/resource/108943366>

<https://wordwall.net/uk/resource/108517292>

2.1. Work in pairs. Look at the image and the words. What message do you think the image shows?



Use the **prompts** below to help you answer.

**Prompts:**

- I think the picture is about **shopping** because...
- These words are connected because **people often buy...**
- Some people **overspend when...**
- People look for **bargains or good deals** because...
- Sometimes people buy **junk things** when...
- Shopping habits today are **different** because...
- Consumerism can be a **problem** because...

3.1. What might people do on Buy Nothing Day? Make two guesses.

Ricky mentions “Buy Nothing Day”. What might people do on this day? Watch this short and check your guesses.

<https://www.youtube.com/shorts/6QKxr3dJCJA>

Use the **prompts** below to help you answer.

**Prompts:**

- On Buy Nothing Day, people **do not buy...**
- On this day, people try to **avoid...**
- Instead of shopping, people can ...
- People celebrate this day to ...
- This day helps people think about ...

- It is a good idea because ...
- I think people might also ... on this day.

#### 4.1. Read the article to find out more about Buy Nothing Day. Which aspect of the holiday surprises you the most?

##### Buy Nothing Day

<https://www.daysoftheyear.com/days/buy-nothing-day/>

When was the last time you spent a whole day without buying anything? In today's world, this can be quite difficult. We are used to buying food, coffee, clothes, and small things every day. However, supporters of **Buy Nothing Day** believe that it is possible to buy nothing for 24 hours – and that we should all try it.

Buy Nothing Day is a global day of protest against consumerism. It encourages people to think about how much they buy and why they feel the need to own so many things. The main idea is not only to stop shopping for one day, but also to reflect on our habits and lifestyle.

##### What is Buy Nothing Day?

Buy Nothing Day is celebrated in many countries around the world. In North America, the United Kingdom, Sweden, and Finland, it is held on the day after U.S. Thanksgiving, also known as **Black Friday** – one of the biggest shopping days of the year. In other countries, it may be celebrated on a different day, but the message stays the same: reduce overconsumption.

The day is meant to draw attention to the problem of buying too much and wasting resources. Even if people do not fully agree with the idea, Buy Nothing Day makes them stop and think about their behaviour.

##### History of Buy Nothing Day

Buy Nothing Day was founded in **1992** in Vancouver, Canada, by an artist named **Ted Dave**. At first, the idea was simple: encourage people to buy nothing for one day.

In **1997**, the date was moved to the Friday after American Thanksgiving to create a strong contrast with Black Friday shopping. This made the message more powerful, as people could clearly see the difference between extreme shopping and conscious refusal to buy.

Soon, the idea spread to many countries, including the United States, Germany, France, Japan, and New Zealand. Today, more than **65 countries** take part in Buy Nothing Day.

The organisation **Adbusters**, which helped promote the event, says that Buy Nothing Day is not just about one day without shopping. It is about starting a long-term commitment to consume less and produce less waste.

##### Activities and Events

Many events take place on Buy Nothing Day. In some places, people organise **coat exchanges**, where winter coats are collected and given to those in need. This helps reduce waste and supports the community.

Some participants join “**zombie walks**” in shopping malls. They walk slowly through stores, buying nothing, to show how people often shop without thinking.

Others spend the day in nature – in parks, forests, or the countryside – enjoying things that are free and do not require money.

Some people also use the day to think about their personal habits, such as credit card debt or shopping addiction.

### **Why Buy Nothing Day Matters**

Supporters believe that Buy Nothing Day can help people understand the effects of overconsumption on the environment and society. Scientists warn that buying too much and producing too much waste damages the planet.

Buy Nothing Day encourages people to ask important questions:

- Do I really need this?
- Why do I feel the need to buy more?
- How can I use what I already have?

Some critics say the day is meaningless because people may shop more the next day. However, even one day without buying anything can help people become more aware of their habits.

### **Conclusion**

Buy Nothing Day is a challenge in the modern world, but it is also an opportunity. It helps people slow down, reflect, and think about what truly matters. Whether you fully support it or not, spending one day without shopping can change the way you see consumption – and yourself.

**Which fact or idea about Buy Nothing Day surprised you the most? Why?**

#### **4.2. Choose the correct option**

##### **1. What is the main idea of Buy Nothing Day?**

- A. To stop people from shopping forever
- B. To encourage people to think about their shopping habits
- C. To make shopping cheaper

##### **2. When is Buy Nothing Day celebrated in North America?**

- A. On Thanksgiving Day
- B. One week after Black Friday
- C. On the day after U.S. Thanksgiving

##### **3. Why was Buy Nothing Day moved to Black Friday in 1997?**

- A. Because most people are free on that day
- B. To create a strong contrast with heavy shopping

C. Because shops are closed on that day

**4. Who founded Buy Nothing Day?**

- A. A group of scientists
- B. An artist from Canada
- C. A shopping company

**5. Which activity is mentioned as a way to celebrate Buy Nothing Day?**

- A. Online shopping challenges
- B. Zombie walks in shopping malls
- C. Fashion shows

**6. What do supporters believe Buy Nothing Day can help people do?**

- A. Save money for one day only
- B. Understand the effects of overconsumption
- C. Buy better-quality products

**4.3. Change the parts of the sentences to make them true. Use information from the text. Compare your answers with a partner.**

1. The main idea of the initiative is to help save the planet.
2. It's celebrated one day before Black Friday.
3. The event has a following in about four countries.
4. Critics say the concept is pointless because not many people participate.
5. If you want to take part in Buy Nothing Day, you have to register online

**5.1. Social media shows new trends about money and shopping. You will learn about one trend and then tell your partner about it.**

**While watching the video, answer these questions:**

- What is this trend?
- How did it start?
- Why do people follow it?

After watching, **explain the trend to your partner.**

*Student A*

Watch a video about **Underconsumption** **Core.**

<https://www.youtube.com/watch?v=lUcbSbglW6U>

*Student B*

Watch a video about the **No Spend Challenge.**

<https://www.youtube.com/watch?v=zabNgwoRNfk>

**Sentence starters**

**What is it?**

- This trend is about ...
- It means that people ...
- The idea of this trend is ...
- In this trend, people try to ...

### **How did it start?**

- It started on social media.
- It became popular because ...
- People first shared videos about ...
- It started as a challenge / idea.

### **Why do people do it?**

- People do it because ...
- It helps people ...
- Many people want to ...
- It is popular because ...

### **Giving your opinion (optional)**

- I think this trend is ...
- In my opinion, it is useful / interesting.
- I would like to try it because ...
- I wouldn't try it because ...

## **5.2. Discuss the questions with a partner. Discuss each question for 2–3 minutes.**

### **1. Have you ever tried a no-spend challenge?**

Could you imagine doing it? What would be the hardest part?

#### **Help for answers:**

- I have / haven't tried it.
- I could imagine doing it.
- The hardest part would be ...
- I think it is difficult to stop buying ...

### **2. How could underconsumption change daily life or social activities?**

#### **Help for answers:**

- Daily life could change because ...
- People might ...
- Social activities could be cheaper.
- Instead of shopping, people could ...

### **3. How can young people save money with a small budget?**

#### **Help for answers:**

- One way to save money is to ...
- Young people can ...
- It is helpful to ...
- For example, they can ...

### **4. Do you think people might value experiences more than things during hard economic times?**

#### **Help for answers:**

- Yes, I think so / No, I don't think so.
- People may value experiences because ...
- This could change society by ...
- In the future, people might ...

**6.1. Write about your own shopping habits. Write 80–120 words.**

**Include:**

- one habit you would like to change
- one thing you could stop buying
- one experience you would choose instead of buying something

**Sentence starters:**

- One of my shopping habits is ...
- I would like to reduce ...
- Instead of buying things, I would prefer to ...
- This could help me ...

**Optional linking words (to improve flow)**

- because
- however
- for example
- as a result
- in the end

**Your paragraph should:**

- be clear and personal
- include all 4 points
- use at least **3 words** from today's vocabulary

**7.1. The links below are for homework vocabulary practice**

<https://wordwall.net/uk/resource/108517130>

<https://wordwall.net/uk/resource/108516829>