

HOW TO BE MORE SOCIAL

Watch the [video](#) "Social Connection" by Every Mind Matters.

1 WARM UP: COMMUNICATION

Task 1: Identify the communication method shown in each picture.



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____

Task 2: Discuss the following lead-in questions as a class.

- What method of communication do you use when you talk with friends?
- How do you decide whether to send a text, make a call, or talk face-to-face when communicating with someone?
- In what ways do technology and social media impact our social interactions?
- What activities do you enjoy doing with others?
- How do you feel when you spend time with friends or family?
- What things can stop you from being more social?



2 SOCIALISING: PHRASAL VERBS

Task 1: Match the phrasal verbs from the box to their definitions.

keep in touch	get in touch	reach out
stick to (plans).	fill up (one's diary)	

- _____: to contact someone.
- _____: to stay in contact with someone.
- _____: to put activities and appointments in your calendar.
- _____: to make an effort to connect with others.
- _____: to do the plans you had made or scheduled.

Task 2: Use the phrasal verbs to complete the sentences. Use the correct tense.

- Let's _____ after you move to another city.
- Feel free to _____ if you need any help with the project.
- We need to _____ if we want to finish on time.
- She loves to _____ with social events and meetings.
- She plans to _____ with the company about the job opening.

Task 3: Practice using the phrasal verbs in a natural way by answering the questions:

- How do you ensure that you **keep in touch** with friends or family members, especially those who live far away?
- When was the last time you **got in touch** with someone you hadn't spoken to in a while? Why did you want to reconnect?
- How do you feel when someone **reaches out** to you during challenging times?
- How do you feel when somebody doesn't **stick to** plans?
- How do you find a balance between **filling up** your diary with work-related commitments and personal activities?

3 VIDEO: COMPREHENSION

Task 1: Watch the [video](#), then choose the correct answer to the questions.

1. What are some potential benefits of maintaining close social connections?
 - a. Increased stress.
 - b. Improved diet.
 - c. Better mental health.

2. According to Tip 1, what is one suggestion for building better social connections?
 - a. Avoid making plans.
 - b. Make plans and stick to them.
 - c. Only make plans with close family.

3. How does Tip 2 recommend connecting every day?
 - a. Sending occasional text messages.
 - b. Having a fixed 'family time'.
 - c. Joining a new club every day.

4. What is Tip 3 about?
 - a. Ignoring personal interests.
 - b. Connecting with family only.
 - c. Connecting with others based on shared interests.



5. How does Tip 4 suggest improving connections?
 - a. Reaching out and asking questions.
 - b. Avoiding sharing thoughts.
 - c. Keeping thoughts to yourself.

6. What is the potential benefit mentioned in Tip 5 for volunteering time to help others?
 - a. Deteriorating mental health.
 - b. Improved mental health.
 - c. No impact on mental health..

7. What is the central message of the video regarding social connections?
 - a. Social connections are unnecessary.
 - b. Everyone should be completely independent.
 - c. Simple actions can enhance social connections and well-being.

8. According to the video, where can one find local social groups?
 - a. Only at family gatherings.
 - b. On social media platforms.
 - c. Websites like MeetUp.com.



4 VIDEO: QUOTES

Task 1: Complete the quotes from the [video](#) using the words in the box.

acquaintances reaching out sticking to plans staying in touch

1. "In our busy lives, forging connections is crucial for happiness and health. The evidence is clear: _____ with friends, family, neighbours, and colleagues not only brings joy but also shields us from illness."
2. "The quality of our social connections determines the benefits we reap. Whether through friends, family, or casual _____, the more connected we are, the better."
3. "Tip 1: Make plans. Committing to talk and spending time with people enhances the quality of our relationships. Setting and _____ fosters stronger connections."
4. "Tip 2: Connect every day. From dedicated family time to _____ to friends and acquaintances, daily connections, both meaningful and casual, contribute to our overall well-being."

Task 2: Complete the quotes from the [video](#) using the words in the box.

powerful tool like-minded helping hand therapeutic

5. "Tip 3: Connect with your interests. Attend local events or courses aligned with your passions. Meeting _____ individuals and expanding your social circle can lead to fulfilling connections."
6. "Tip 4: Reach out. Sharing thoughts with someone, whether a friend, volunteer, or professional, is _____. Reconnect with old friends, be curious, and ask questions to deepen your connections."
7. "Tip 5: Offer a helping hand. Volunteering not only benefits others but is a proven way to enhance your mental health. Extend a _____ to neighbours, colleagues, or local charities for a meaningful connection."
8. "Connection is a simple yet _____ for a happier life. Embracing social interactions, both big and small, can make a significant difference in our well-being and the lives of those around us."

5 VIDEO AND TOPIC: DISCUSSION

Task: Discuss the following [video](#) and topic-based questions as a class.

Answer using full sentences, and give detailed answers. Have fun!

1. Do you agree that it can be hard to connect with people sometimes, especially when we're busy, stressed, or feeling low?
2. How can spending time with family & friends make you feel happier and healthier?
3. How would you define "spending quality time" with someone? Share examples.
4. Why is it important to "make time to talk, set plans with people, and stick to them"?
5. Describe future plans you have made to spend time with family or friends.
6. What are the benefits of having "fixed 'family time' where everyone puts away their phones and shares an activity, has a meal, or just talks"? Would you like to try this?
7. What are the benefits of joining social groups or clubs, and how can one find communities that align with their interests?
8. Are you a member of any clubs? Do you enjoy the social aspects of that club?
9. Why is it important to reconnect with people we used to be close to, and how can it be done effectively?
10. How does expressing curiosity and asking questions improve social connections?
11. How can offering a helping hand, such as volunteering, improve our mental health?
12. Can you share a time when you volunteered? How did it make you feel?
13. How can simple acts like offering a favour to a neighbour or helping a colleague at work strengthen social bonds in our everyday lives?
14. What are some tips for adding social activities into our daily routines?
15. How can a person make themselves more approachable in social situations?
16. What are practical tips for remembering people's names and making a positive impression during introductions?
17. How can people effectively manage conflicts and disagreements in social relationships without damaging connections?
18. Describe your idea of a great night out, and your idea of a great night in.

6 LET'S DEBATE

Study the arguments. Decide if you agree or disagree with each person, explaining why. Adapt the language from the table to use in your argument. Have fun!

Scott "Friendships formed online can be as meaningful as those in person."
Adam "Friendship breakups can be more painful than romantic breakups."
Hannah "Friendship is often based on shared experiences rather than true understanding."
Laura "Friendships should be prioritised over romantic relationships for personal growth."
Lorna "Friendship should not require constant communication to remain strong."

Express an opinion It seems to me that... I feel that... I'm absolutely convinced that... In my opinion,... I believe / suppose / feel (that)...	Express disagreement I don't agree with you about... I can't accept your view that... I have a different opinion... I'm not sure if... I'm not convinced that...
Express pro's and con's There are two sides to this point... On the one hand...,on the other hand... An argument for / against is... Some people think that...,others say that... The advantages / disadvantages are...	Summarise So, in conclusion... To summarise.. Overall, it is clear that... As a result.. The bottom line is...



7 HYPOTHETICALLY SPEAKING...

Let's finish the lesson with a fun speaking game! Read each question, decide what you would do, and then provide a detailed explanation, weighing the pros and cons.

1. Would you rather forgive a friend for a major betrayal or end the friendship altogether?

2. Would you rather have a friend who always agrees with you or one who challenges your opinions and beliefs?

3. Would you rather have a friend who is brutally honest but often critical or one who is always supportive but may not provide constructive feedback?

4. Would you rather have a friend who is consistently reliable but occasionally boring or one who is spontaneous and fun but frequently cancels plans?

5. Would you rather have only one friend but the relationship is super close, or a group of 20 friends that you like to hang out with but you don't have a super deep connection with?



HOMework

1 HOW TO BE MORE SOCIAL: ARTICLE

Becoming more social is like an adventure where you get better at talking to people, understanding them, and joining in social stuff.

A big part is learning to communicate well—talking and showing that you're interested. This means really listening, looking at people when they talk, and having open body language to show respect and interest in what others are saying. Doing this helps you make real connections with people.

Trying new things and talking to new people is also super important. You can join clubs, go to events, or do things you like with others who like the same stuff. This helps you make friends with people who share your interests.

Another key thing is empathy, which means understanding and caring about how others feel. It's like putting yourself in their shoes. This helps you connect with people on a deeper level and makes the social environment more inclusive. It's not just about words—paying attention to how people act and feel without them saying anything is just as important.

The online world is another way to connect with people globally. While it's cool to talk to people online, it's also essential to meet and talk with people face-to-face. This mix of online and in-person interactions helps you build strong social skills.

Overall, getting better at being social involves talking well, being interested in others, understanding how they feel, and trying new things. It's about making connections and friends in different parts of your life, whether it's in person or online. By doing these things, you can make socialising more enjoyable and meaningful.

Task 2: On a separate piece of paper, write detailed answers to the following questions.

- a. Describe how to communicate well, and the benefits of it.
- b. Describe the importance of trying new things.
- c. Why is showing empathy important?
- d. How can the internet improve one's social life?
- e. Summarise the key things you learned in the text, and in the lesson (150 words).

