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Fast vs Slow living

Upper-Intermediate level

Попробуйте себя в онлайн-преподавании вместе со Skyeng — оставьте заявку на нашем сайте, это займет около минуты.

Ваш путь к преподаванию начнется сразу же и займет около 14 дней. Мы будем сопровождать и поддерживать вас на каждом этапе.

Task 1. Warm-up

What comes to your mind when you look at these pictures? Choose the picture that best depicts your life and explain your choice.

Task 2. Vocabulary

Learn the new words and do the exercises to get ready for the watching activity.

Task 3

A. What do you think slow living is? What are its pros?

B. Watch the video till 06:00 and check your guesses. You can watch the video once again to answer these questions if you need to.

1) How did the slow living movement start?
2) What do you understand by the phrase "quality over quantity"?
3) What is the book “In praise of slowness” about?
4) Is speed always a bad thing?
5) What does the slow movement aim to do?
6) Comment on the statement: “Be fast when it makes sense to be fast, and be slow when the slowness is called for”.
7) How is slow movement connected with better health and better work performance?

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Task 4

It is time to decide which life approach is yours.

A. I prefer fast living.

1) Do you enjoy life?
2) What life-changing moments have you had in your life?
3) Do you use any special tools to make sure you organize your routine in a way you can achieve all the goals you've set? Do you find them trustworthy?
4) What is multi-tasking? Why do some people speak against this concept now? Are you good at multi-tasking?
5) Do you ever feel that you have to press on with work and forget about your private life as a result?
6) What are some life hacks that help you live your fast life happily? How did you work them out?

Task 4

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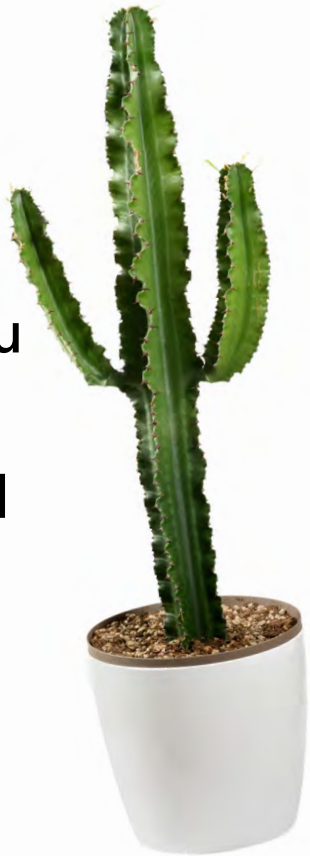

B. I prefer slow living.

1) Do you enjoy your life?
2) Did you use to have a slow life 5 years ago? If not, how did you decide to slow down and live your life without hurrying?
3) How do you avoid being in a hectic mode in such a fast world we live in now?
4) How do you apply a slow-life approach to your work?
5) How do you plan your life routine? What aspect of your life is usually the most noteworthy?
6) Do you think “slow life” has become trendy lately? Why?

Task 5

Spin the wheel and answer the questions.

1) How would you describe a person who lives a slow life?
2) Do you agree that a slow lifestyle is more eco-friendly? Why/why not?
3) Which lifestyle brings greater success in his life - slow living or fast living?
4) Can a person learn to do nothing by halves or is it an inborn skill?
5) What is your primary goal at work at the moment?
6) Who do you think might be more accident-prone: people leading a fast or a slow life? Why?
7) Do you usually think through each step or just throw yourself into a task?

Task 6

Here is a list of things you could do in your daily life to live "slow". Choose the tips that you will follow. Comment on your choices.

- Here is a list of things you could do in your daily life to live "slow". Choose the tips that you will follow. Comment on your choices.
- When it is possible, avoid eating prepackaged foods and try to find time to cook fresh and seasonal meals;
- Pay attention to moments and daily actions focusing on what you are doing;
- Try to have a sustainable and ecological lifestyle in order to pay attention to the environment around you;
- Slow living is also about clothing: choosing quality over quantity;
- Practice Mindfulness, Meditation or Yoga and read books on personal growth.

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Keys

Task 3

1. It started with food in 1986 when Carlo Petrini protested against the opening of a McDonalds in Rome. This sparked the slow food movement in Italy, that focused on sustainable farming, artisanal production and using local seasonal produce. They also advocated taking your time having dinner, connecting with your family and friends.

3. It describes how as a society our love of speed, our obsession with doing more and more in less and less time has gone too far. We have forgotten how to look forward to something and what emotions to have when the thing arrives. We have lost the art of doing nothing, slowing down and being with our thoughts.

4. No, it is not. We all like and need fast Internet connection, fast airplanes, etc.

5. It aims to bring back balance to our lives.

7. Better health because taking things slowly reduces stress and thereby the risk of all kinds of illnesses. It can also lead to better work performance. You will be more receptive, reflective, patient,

Команда Skyteach объединила методистов, опытных преподавателей, профессиональных авторов статей, редакторов и дизайнеров. Вместе мы трудимся над тем, чтобы создавать качественные и доступные материалы для учителей.

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