

BBC LEARNING ENGLISH

6 Minute English worksheet

Can climate change affect our mental health?



Listen to the full episode here: <https://bbc.in/4l1aHz5>

- 1. Look at the cover image and title of the episode. What do you think this episode is about? What do you know about this topic already? What vocabulary do you associate with this topic?**
- 2. Now listen to the first two minutes of the episode.**
 - What do the presenters say the episode is about?
 - What is this week's question? What do you think the answer is?
- 3. Now listen to the whole episode. As you listen, write down the six items of vocabulary. What do they mean?**
 - a) Word/phrase: _____
It means: _____.
 - b) Word/phrase: _____
It means: _____.
 - c) Word/phrase: _____
It means: _____.
 - d) Word/phrase: _____
It means: _____.
 - e) Word/phrase: _____
It means: _____.
 - f) Word/phrase: _____
It means: _____.

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4. What did you learn that was surprising or new in this episode?

5. Answer the quiz questions. Listen again or use the transcript to help you.

1. People who experience natural disasters can suffer from climate trauma.
What is trauma?
 - a) the very bad and long-lasting emotional effects of an event or experience
 - b) the very good and short-lived emotional effects of an event or experience
 - c) the very bad but short-lived emotional effects of an event or experience

2. Which phrase means 'interested or impressed by'?
 - a) stood by
 - b) struck by
 - c) stung by

3. "People who have strong connections with their community are often more _____.
a) recumbent
b) restrictive
c) resilient

4. In which year was Brad Sherwood's home destroyed by the Tubbs fire?
 - a) 2016
 - b) 2017
 - c) 2018

5. Which word or phrase means 'a positive thing that comes from a negative situation'?
 - a) silver lining
 - b) resilient
 - c) hurdle

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6. "She is a very resilient person. She could face any _____. "

- a) close-knit
- b) silver lining
- c) hurdle

6. Write your own sentences using the vocabulary.

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7. Answer the following questions.

- What are three things you have learnt from this episode?
- How does this topic make you feel?
- Give three examples relevant to your life using the vocabulary.

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Answers

3.

- a. trauma – the very bad and long-lasting emotional effects of an event or experience
- b. struck by – interested or impressed by
- c. reknit – become closer again
- d. resilient – able to get better more easily when bad things happen
- e. silver lining – a positive thing that comes from a negative situation
- f. hurdle – challenge or difficulty

5. 1a, 2b, 3c, 4b, 5a, 6c.

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Teacher's notes

This worksheet is standardised so that you can amend and use it as appropriate with your classes.

Some topics may be difficult for learners, especially those which could be upsetting or cause offence. Please be mindful of this when using this worksheet, and adapt it as necessary.

Extension activities

- Role-play an interview with an 'interviewer' and an 'expert' on this topic.
- Write a short story or article using the vocabulary from this episode.
- Read original articles on this topic.
- For homework: If it is available in your country, download and listen to the original podcast these extracts were taken from.