1 In touch with your feelings

Hundreds of anonymous black and white photos make up a giant collage on the floor of the Panthéon in Paris, created by the French artist, JR.

IN THIS UNIT YOU

- talk about emotions
- read about smiles
- learn about the benefits of being outdoors
- watch a TED Talk about an app that can 'read' your facial expressions
- write a review



1A Show your emotions

VOCABULARY Describing emotions

- 1 Look at the photo and read the caption. What message do you think the artist is trying to communicate in this project?
- 2 MY PERSPECTIVE

Complete the sentence so it's true for you. Happiness is diving under the water on a sunny day.

- 3 Match the sentences (1–9) with the follow-up comments (a–i).
 - 1 I sometimes get scared when I'm on my own.
 - 2 You must be delighted that's great news!
 - **3** I'm feeling more **relaxed** now it's Saturday.
 - **4** I got a bit **confused** at the start of the film.
 - **5** My brother isn't normally this **nervous**.
 - **6** Travelling to school on your own can be quite **lonely**.
 - 7 My parents started to dance. I was so embarrassed!
 - 8 At the moment I'm feeling guite stressed.
 - **9** Please don't be **angry** with me.
 - **a** But it was great to see them having fun.
 - **b** It's been a very busy week, so it's nice to have some time off.
 - c I've got so much work to do.
 - **d** I was only trying to help.
 - e I don't even like being at home without anyone else, really.
 - **f** He's doing a presentation in class this afternoon.
 - **g** I understood most of it, though.
 - **h** Sometimes I like having time to think quietly before a busy day, though.
 - i When did they tell you you're in the team?
- Complete the questions with an adjective in bold from Exercise 3.

ı	Are you of anything, like spiders, for example?
2	Have you ever been really with your exam results?
3	Do you get if you cry in public?
4	Is it possible to feel when you are with lots of people?
5	Do you get before going to the dentist or speaking in class?
6	When you're feeling, what do you do to relax?
7	Are you about the meaning of any new words today?
8	If someone is late, do you feel?
9	Does reading make you feel?

PRONUNCIATION -ed adjectives

- a Work in pairs. How many syllables does each adjective have?
 - 1 annoyed 4 delighted **2** bored 5 embarrassed

8 relaxed

11 surprised

7 interested 10 stressed

3 confused

6 excited

9 scared

12 worried

- **b** Listen and check your answers.
- **c** Look at the adjectives again. Is *-ed* pronounced /t/, /d/ or /ɪd/?

/t/ or /d/ /Id/ annoyed

- **d** Listen again. Check your answers and repeat the words.
- 6 Work in pairs. Ask and answer the questions in Exercise 4.

LISTENING

- Work in pairs. Look at the photo and answer the questions.
 - What do you know about tigers?
 - Can photographers take photos like this safely? How?
 - How would you feel if you came face to face with a tiger in the wild?
- 8 Listen to descriptions of three National Geographic explorers' work. What emotions are the speakers describing? Why?

anger	excitement	fear worry	
nervousness	unhappiness		
1 Matthew Luskin	• ,		
2 William Allard			
3 Chris Bashinelli			

- Uisten again. Which explorer (Matthew, William or Chris):
 - **1** described an event with a happy ending for someone who wasn't the speaker?
 - 2 did something he had never done before?
 - **3** wasn't talking about his emotions?
 - 4 was trying to solve a problem in his work?
 - **5** was probably very tired?
 - **6** was surprised at how he felt?

GRAMMAR Subject / object questions

- Work in pairs. Can you remember the answers to these questions? Listen to William's story again and check your answers.
 - 1 What does William Allard do?
 - 2 Who killed Eduardo's sheep?
 - 3 Who collected money for Eduardo's family?
 - 4 How much did they collect?



Subject / object questions

- **a** Who collected money for Eduardo's family? National Geographic readers collected money for him.
- **b** How much did they collect? They collected over \$7,000.
- Read the questions in the Grammar box. Then choose the correct option to complete the sentences.
 - **1** The question word in question *a / b asks* about the subject of the answer (subject question).
 - **2** The question word in question *a / b* asks about the object of the answer (object question).
 - 3 To make a subject / an object question in the present simple and past simple we need an auxiliary verb, e.g. do, does, did.
 - 4 Subject / Object questions in the present simple and past simple do not need the auxiliary verb do or did.
- ·Check your answers on page 128. Do Exercises 1 and 2.
- Use the prompts to write questions about Chris Bashinelli and Matthew Luskin's stories.
 - 1 whose story / happen / in Mongolia?
 - 2 what / the men / invite / Chris / to do?
 - **3** what / Chris / say / about the experience?
 - 4 what / Matthew / studying?
 - 5 how many people / tigers / kill / before the expedition?
 - 6 how many people / hide / in the tree?

- Work in pairs. Discuss the answers to the questions in Exercise 12.
- Complete the questions about emotions.

1	How often	_?
	I laugh every time I'm with my friends.	
2	What TV programmes	_ ?

- Singing competitions on TV make me angry.
- **3** Who ______ ?
 My little sister cries the most in my family, definitely!
- **5** When you feel confused about homework, what
- **6** Who ______ you recently? My mum embarrassed me an hour ago!
- Work in pairs. Ask and answer the questions in Exercise 14.

I call a friend!

Write five more questions about emotions to ask your classmates.

What makes you most excited about the future?

Work in groups. Ask and answer your questions.



1B Fake it until you feel it



'Say cheese!' In Englishspeaking countries, this is what you say to people to make them smile before you take their photo. 'Service with a smile' is a common message for shop 5 assistants and receptionists. Workers in call centres are even told to smile so they sound friendly when they speak to customers on the phone! The idea is that callers will notice if the phone operators aren't smiling. But why should we want people to smile?

10 We've always known that smiling can express enjoyment, affection or friendliness, but we're learning more and more about facial expressions, and

realizing that their effect on our relationships is more powerful than that. We know that smiling helps us connect with other people in social situations and get out of arguments and embarrassing situations. We know from studies that smiling regularly may even increase the chances of living longer. In fact, it's such an important part of being human that we start it very 20 young. You probably started smiling to show your happiness when you were just a few weeks old, but you've known how to smile for even longer. Unborn babies get used to moving their facial muscles by smiling, in the same way they practise kicking using

25 their leg muscles. And we aren't the only animals that

VOCABULARY BUILDING Suffixes

We can make nouns from adjectives by adding suffixes.

adjective	suffix	noun
embarrass ed	+ ment	embarrassment
friendl y	+ ness	friendliness
depress ed	+ ion	depression

- 1 Write nouns using -ment, -ness or -ion. Use a dictionary if necessary.
 - 1 nervous
- 4 disappointed
- 7 confused

- 2 sad
- 5 happy
- 8 Ionely

- 3 excited
- 6 exhausted
- Complete the sentences with a noun or an adjective from Exercise 1.
 - 1 Many people say that money can't buy ___ but I think it helps.
 - ____ at summer camp. It was my first time away from home and I didn't know anyone.
 - 3 I had to sing on my own in the show. I felt so ___ that I couldn't sleep.
 - 4 Emin worked hard at his exams. He didn't want to be a to his parents.
 - 5 There was a lot of ___ __ in the class. The teacher said the school trip was on Wednesday but the email said Thursday.

READING

- 3 Work in pairs. Try to make your partner smile. How easy is it? Then discuss the questions.
 - Look at the pairs of photos (a-c). Which smiles do you think are genuine (real)? Which smiles do you think are fake (not real)?
 - Why would you pretend to smile?
 - Are you good at recognizing genuine and fake smiles?
- 4 Make a list of things that make you smile. Compare your list with a partner.

when my team wins a match, chocolate, ...

- Read the article quickly. Choose the best subtitle.
 - 1 How our bodies affect our emotions
 - 2 The secret power of smiling
 - **3** Smiling expresses many emotions
- Read the article again. Are these sentences true (T) or false (F), or is the information not given (NG)?
 - 1 Some workers are taught to smile when they speak to people who can't see them.
 - **2** You could stop a disagreement by smiling.
 - 3 People who don't smile are more likely to get ill.
 - **4** Other animals smile for the same reasons as humans.
 - 5 Eating chocolate has a more powerful effect on our emotions than smiling.
 - **6** The writer of the article thinks that it's wrong to smile if we do not feel happy.



smile to communicate happiness – chimpanzees do it, too, suggesting that smiling existed before we did!

Have you ever been in this situation: you are angry with a friend but you can't stay angry because they're

- smiling at you? This is because smiles pass from person to person, and it's hard not to smile back. We actually lose some control of our own facial muscles when we look at someone smiling at us. When this happens, we automatically copy their expression, and smiling
- 35 like them may actually help us understand their emotions better.

Being happy makes us smile, of course. But smiling also makes us happy. Scientists can take pictures

- of the brain to see what happens when a person is
 happy. They see the same effect when the person
 smiles, whether they're really happy or not. So a
 smile isn't just a sign to others; it is also a message to
 our brain telling it to feel happy. One study showed
 that a smile can have the same positive effect on the
- brain as eating 2,000 bars of chocolate! So, even if you're feeling depressed, a fake smile can make all the difference. If you know someone who's always smiling, perhaps they're using it to control their emotions. Why not control your emotions the same
- way? If you sometimes feel sad, worried or angry, try smiling. You might feel better.
- Summarize the article in no more than twenty words.

 Smiling ...
- **8** MY PERSPECTIVE

Work in groups. Discuss the questions.

- Do you think smiling really is a good way to feel better?
- What do you do if you aren't feeling very happy?
- Who do you think smiles more, younger or older people, women or men? Why?
- Do you know anyone who smiles too much / doesn't smile enough?

CRITICAL THINKING Rhetorical questions

Work in pairs. Read the Critical thinking box and discuss the questions (1–4).

Rhetorical questions are used to make a point, but a reply is not expected. They are often used to:

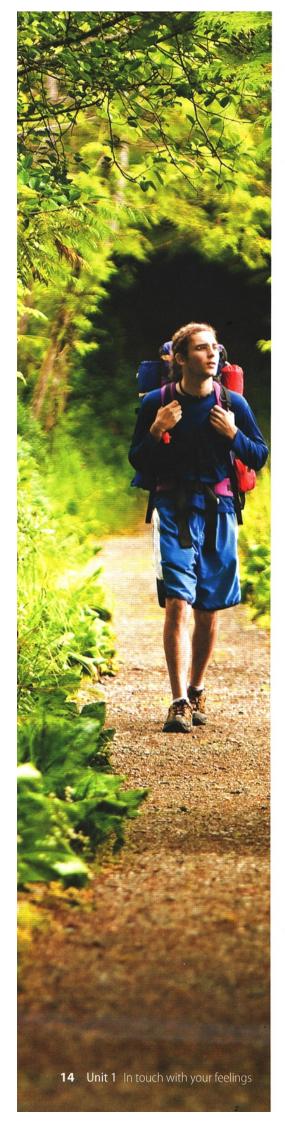
- tell readers what information they can expect to read.
- · emphasize a point.
- · make a suggestion.
- persuade.
- help readers relate the text to their own experience.

- 1 Look at the title of the article and list all the reasons the writer gives for why people smile.
- 2 Why is it a good idea to have a question as a title?
- **3** There are three more questions in the article. Underline them. Match the questions with three of the functions in the Critical thinking box.
- **4** Write a question to include in the article for one of the other two functions.
- Read about the 'Pan Am smile'. Then look at the photos again. Can you find the fake smiles more easily?

The 'Pan Am smile' is named after the flight attendants with this old American airline. They were famous for their friendly customer service and for always smiling at the passengers. Everyone knew that these smiles weren't genuine but they were an expression of friendliness and had a positive effect on the passengers.

We all use Pan Am smiles because there are many situations where showing unhappiness would be rude. Smiling has the important social function of keeping people happy.

But how can you tell the difference between a genuine smile and a fake smile? In the nineteenth century, French scientist Guillaume Duchenne noticed that we use two sets of facial muscles to smile: around the mouth and eyes. Pan Am smiles only use the mouth, so the secret is to look at the eyes.



1C A breath of fresh air

GRAMMAR Talking about the present

1 Read the sentences in the Grammar box. Underline examples of the present simple, present continuous and present perfect.

Talking about the present

- a We've always known that smiling can express enjoyment, affection or friendliness.
- **b** We're learning more and more about facial expressions.
- **c** We know from studies that smiling may even increase the chances of living longer.
- **d** We aren't the only animals that smile to communicate happiness chimpanzees do it, too.
- **e** You are angry with a friend but you can't stay angry because they're smiling at you.
- f If you know someone who's always smiling, ...
- g If you sometimes feel sad, worried or angry, try smiling.

2 Complete the rules by writing present simple, present perfect or present
continuous. Then match each rule with an example from the Grammar box

- **1** We use the _____:
 - to talk about things that are always or generally true, e.g. scientific facts.
 - to describe habits and routines (often with words like *sometimes* and *never*).
 - with state verbs, e.g. enjoy, agree, think.
- **2** We use the _____:
 - to talk about actions happening at or around the present time, or at the time of speaking/writing.
 - to talk about changing situations.
 - with *always* to describe actions that happen often. They may cause an emotional response in the speaker.
- **3** We use the _____:
 - to describe actions that started in the past and continue to the present.

Check your answers on page 128. Do Exercises 3–7.

Choose the correct options to complete the paragraph.

(1) Are you feeling / Have you felt stressed at the moment? Perhaps it's because you (2) are always sitting / have always sat in front of a computer screen these days. So what should you do? You could be the sort of person who (3) is usually reading / usually reads a book, for instance, or (4) plays / has played video games for relaxation. Or perhaps you (5) are believing / believe that the answer to everyday stress is more time outside, surrounded by nature. (6) Are you enjoying / Do you enjoy getting away from cities, cars and computers and heading into the mountains? It's true that we (7) need / are needing time off work to relax, though it (8) becomes / is becoming more and more difficult to get away. But people (9) enjoy / have enjoyed forests, parks, lakes and rivers for thousands of years, so if life (10) gets / has got too much to cope with recently, think about taking a break in the countryside or a walk in the park, even if it's just for an hour or two.

4	Read about the effect nature can have on our brains. Complete the text with the best form of the verbs: present simple, present continuous or present perfect.
	A group of 22 students (1) (take) a break from their everyday lives at the University of Utah. Normally, they (2) (sit) in front of their computer screens studying psychology, but this week they (3) (camp) with Professor David Streyer in the mountains of Utah. Streyer (4) (spend) many years studying the effect of nature on our brains.
	We (5) (know) about the benefits of nature on the body for many years, but now we can see what nature (6) (do) to the brain. Our stress levels (7) (drop) just by looking at photos of scenes from nature. Many people (8) (think) that little by little, technology (9) (destroy) our lives, but Streyer (10) (believe) that after just two or three days away from modern life, we can start
	just two or times days away norm modern me, we can start

5 Read about healing forests in South Korea. The wrong verb form has been used in some of the sentences. Correct the verbs that are wrong.

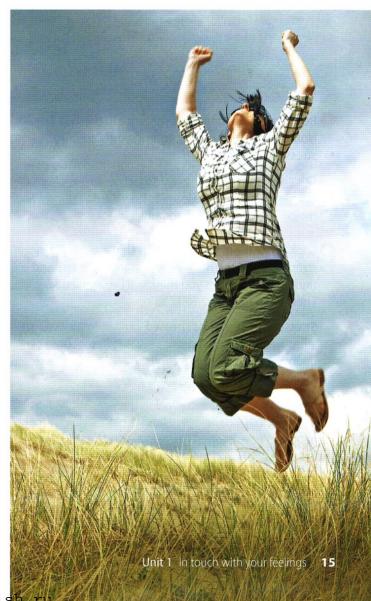
to think differently and more healthily.

- Nature is being very important in Korean culture for hundreds of years.
- **2** But most South Koreans live 'digital lives' in large cities nowadays.
- **3** Their lives become more digital and more stressful every year.
- **4** Koreans work very long hours, and stress levels among workers and students go up in recent years.
- **5** The government has believed that the answer can be found in 'healing forests'.
- **6** These are places of natural beauty where people go to relax, to reconnect with nature and to rest.
- **7** We now know that spending time outside reduces stress chemicals in the body and helps it to fight disease.
- **8** Currently there have been 37 healing forests in Korea, and they are becoming very popular.
- **9** Many of them are close to big cities like Seoul, where people can get to them easily.
- **10** People are often going there to walk, learn about plants, do yoga or just relax under the trees.
- 6 Use the prompts to write questions using the best tense: present simple, continuous or perfect.
 - 1 you / go / to the countryside much recently?
 - 2 where / you / usually / go / to spend time outdoors?
 - **3** what / you / like / doing in the countryside?
 - **4** your parents / always / make / you do activities that you don't enjoy? What?
 - **5** you / normally / feel / relaxed when you get home?
 - **6** you / always / check / your mobile phone, or can you leave it at home?
 - 7 if / you / live / in a town or city, / you / be / happy?
 - **8** you / plan / to go to the countryside any time soon?

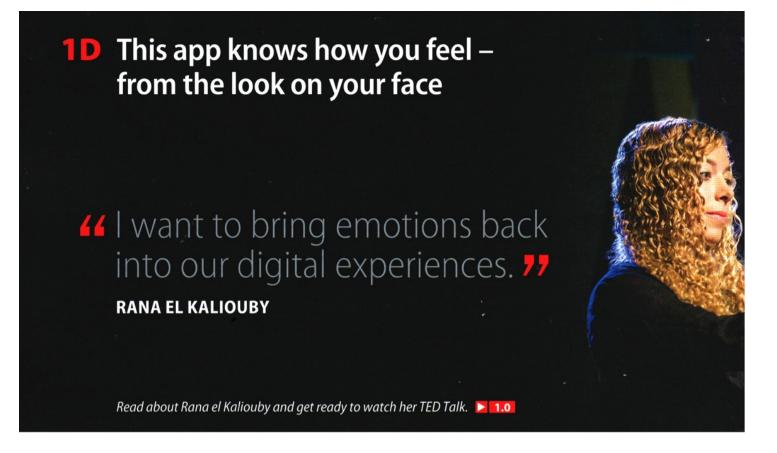
- Work in pairs. Ask and answer the questions you wrote in Exercise 6.
- 8 Work in groups. Discuss the questions.
 - Are young people spending as much time in the countryside now as in the past? Why? / Why not?
 - · What are the advantages of doing outdoor activities?
 - What kinds of activities do you and your friends like doing outdoors?
 - What outdoor activities are popular with young people at the moment?
- You are going to design a leaflet for an outdoor activity centre in your country. Answer these questions about the leaflet.
 - What type of activity centre will it be more like a healing forest or an adventure park?
 - What will get lots of people interested? What will be good for young people's health and happiness?
 - How will you attract people to your centre?
 - What photos or other images will you include?

OCHOOSE

- 1 Design your leaflet and present it to other groups.
- 2 Make a video to go with the leaflet:
- 3 Write the text for your leaflet.



frenglis



AUTHENTIC LISTENING SKILLS

Content words

It is difficult to listen for every word a speaker says. When we listen, it is easier to understand the important content words, because these are usually stressed. Content words usually give enough information for us to understand the meaning of a sentence.

1 Read and listen to the first sentence in the TED Talk. Notice how many of the content words are stressed.

Our <u>emotions influence every aspect</u> of our <u>lives</u>, from our <u>health</u> and how we <u>learn</u>, to how we do <u>business</u> and make <u>decisions</u>, <u>big</u> ones and <u>small</u>.

2 Look at the list of types of words that are usually stressed. Read the next sentences from the talk and underline the words you think will be stressed.

Then listen to check.

Stressed Not stressed - adjectives articles pronouns nouns conjunctions auxiliary verbs main verbs adverbs - adverbs

Our emotions also influence how we connect with one another. We've evolved to live in a world like this, but instead, we're living more and more of our lives like this ... So I'm on a mission to change that. I want to bring emotions back into our digital experiences.

WATCH

- 3 Look at the emojis. Then discuss the questions in pairs.
 - What emotions do these emojis express?









- Do you ever use emojis? Which ones? Where do you use them, e.g. email, text messages, social media?
- Is it sometimes difficult to find the right emoji to express how you are feeling? Why?
- What other ways can you use to express your feelings online?
- Watch Part 1 of the talk. Are the sentences true (T) or false (F) according to Rana? ► 1.1
 - 1 At the moment it's difficult to connect emotionally with others in text messages, emails, etc.
 - 2 Rana was with her husband in Cambridge.
 - **3** The human face can show 45 emotions.
 - **4** It's hard to teach a computer the difference between a smile and a smirk.
 - **5** The computer studied lots of similar faces.
- 5 Watch Part 2 of the talk. Which emotions does Cloe demonstrate? ▶ 1.2
 - 1 a little bit happy
 - 2 angry
 - 3 confused
 - **4** disgusted
 - 5 nervous
- 6 no emotion ('poker face')
- **7** sad
- 8 scared
- 9 surprised
- **10** very happy



- 6 Watch Part 3 of the talk. Choose the correct option to complete each sentence. [2] 1.3
 - 1 Women in the UK / USA are more expressive than men.
 - 2 The most expressive age group is people older / younger than 50.
 - **3** People with learning difficulties could use their phones / wear special glasses to help them understand other people's emotions.
 - 4 Rana can / can't think of many other ways her technology could be used.
- Work in pairs. Watch Part 3 of the talk again. What is your favourite use of the technology that Rana mentions? Why? 1.3
- VOCABULARY IN CONTEXT
 - a Watch the clips from the TED Talk. Choose the correct meaning of the words and phrases. 1.4
 - **b** Complete the sentences in your own words. Then work in pairs and compare your sentences.
 - I felt homesick once when I ...
 - I get a sense of curiosity when ...
 - The person in my family with the most wrinkles is ...
 - The characteristics of a good friend are ...
 - Joy for me is ...

- Work in groups. Think of different ways Rana's software could be used. Think about:
 - advertising
 - entertainment (TV, films, concerts, theatre, etc.)
 - health and medicine
 - people with physical problems and learning difficulties
 - shopping and fashion
 - social media
 - other areas
- Think about your ideas. Which ones could:
 - make lots of money?
 - help people with problems?
 - be lots of fun?

CHALLENGE

Put comments a-d in order (1-4). 1 is the comment you agree with most, 4 is the one you agree with least.*

- a 'This technology is fun, but I don't think it's necessary any more. These days, we communicate more with webcams and video. We don't need the computer to read faces for us. We can read them ourselves."
- **b** 'We don't need to read faces when we communicate by telephone. Why do we need it now?'
- c 'I think Rana's technology is amazing, but I worry that companies will only use it to sell more products to us.'
- d 'I don't like the idea of my computer reading my emotions. It's a scary idea!'
- *These comments were created for this activity.

Work in pairs. Compare your ideas. How do you think Rana would respond to the comments?

1E The feel-good factor

SPEAKING

Work in pairs. Read about India's longest-running movie. Discuss the questions.

The Bollywood movie *Dilwale Dulhania Le Jayenge* is one of India's most successful films. It was still showing at one cinema in Mumbai more than twenty years after it came out. It is a classic feel-good love story with a happy ending.

- What does 'the feel-good factor' mean?
- Are there feel-good films that people in your country watch more than once?
- What are your favourite feel-good films?
- 2 Check that you know the meaning of the words in bold in these sentences.
 - 1 I don't think anyone could survive in space for that long, but the **special effects** were amazing!
 - 2 The first film was so frightening, there's no way I'm going to watch the sequel.
 - 3 It has a great soundtrack but some of the actors can't sing very well.
 - **4** It's an emotional story about a group of soldiers during the Second World War. The **cast** is amazing Tom Hanks and Matt Damon are in it.
 - 5 It's got a really exciting plot. The ending was a complete surprise!
 - **6** There were one or two scenes that were so funny that I cried with laughter.
- \bigcirc Match the types of film (a–f) with the sentences (1–6) in Exercise 2.

a a comedy

d a musical

b a drama

e a sci-fi movie

c a horror movie

f a thriller

Asking follow-up questions

Who's in it?

Useful language

What else has he/she been in?

What's the acting like?

When did it come out?

So what's it about?

What sort of film / movie is it?

Who directed it?

Where is it set?

Would you recommend it?

4 Listen to two friends talking about a film. Choose the correct options.

Name of film: The Way We Were / The Way Way Back

Starring: Steve Carell / Collette

Release date: 2003 / 2013

Type of film: animation / comedy

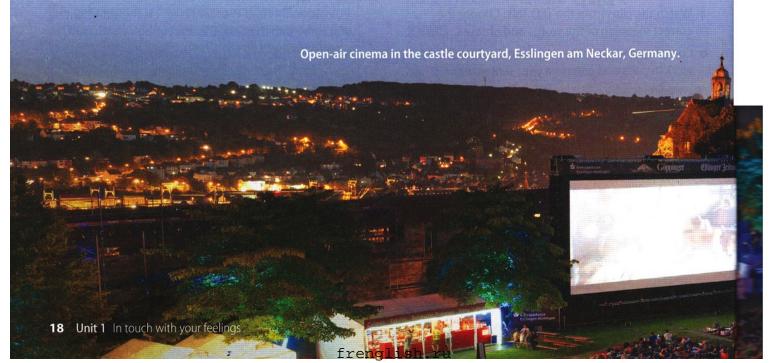
Set in: a hotel / a water park

Plot: An unhappy teenager / father goes on holiday with his family and

makes new friends.

Recommended? Yes / No

5 Listen again. Which follow-up questions in the Useful language box do you hear?



- 6 Match the questions you heard in Exercise 5 with these answers about a different film. Do you know the film?
 - 1 It's a sci-fi film. It's the first in a series of four.
 - 2 It was released in 2012.
 - **3** She played one of the main characters in X-Men: Apocalypse.
 - 4 It tells the story of a young woman who fights for her life in a competition.
 - 5 In a country of the future called Panem.
 - 6 It stars Jennifer Lawrence.
- Work in pairs.

Student A: Tell Student B about a film you've seen. Student B: Ask follow-up questions to find out more.

A: I watched a great movie last night ... Have you seen it?

WRITING A review

- Are the expressions in the Useful language box used to talk about books, films or both?
- Read the review on page 149. How many stars does the writer give the novel?



- Read the review again. List the book's good points and the reviewer's criticisms.
- **WRITING SKILL** Emphasis
 - a Read the sentences. Which sentence emphasizes the way the person feels about the plot more?
 - 1 I really loved the plot.
- 2 What I really loved was the plot.
- **b** Find three more sentences in the review that add emphasis.
- c Complete these sentences so that they are true for the film you talked about in Exercise 7.
 - 1 One thing that I loved about the film was ...
 - 2 What I found disappointing was ...
 - 3 What made me really think was ...
- Choose a film or a book you know. Write a review that includes:
 - introductory sentences that give basic information about the film or book.
 - a short description of the plot.
 - · the good and bad things about it.
 - your opinion and emotional response to it.
 - a sentence that tells the reader to watch or read it (or not).
- B Read other students' reviews. Which books or films would you like to

Useful language

Talking about films and books

It stars ...

It's set in

It tells the story of ... / It's about ...

It was directed by ...

It was released in . . .

It came out in ...

It was published in . . .

The main character is ...

The soundtrack was amazing.

The special effects were a bit disappointing.

The sequel is even better / not as good.

It's a moving / inspiring / great / exciting / funny story.

I'd definitely recommend it.

I couldn't put it down.

It made me feel ...

Unfortunately, I thought it was ...

