Getting To Know

HOW TO DEAL WITH LONELINESS

In 30 seconds, answer the following question:

• What would you do if you felt lonely?
1. When do people feel lonely?
2. Is being lonely dangerous? Why?
Listen and repeat. Then, choose a word to define.

1. **Companionship (n)** /kəmˈpæniənʃɪp/

2. **Painstaking (adj)** /ˈpeɪnzteɪkɪŋ/

3. **Complimentary (adj)** /ˌkɑːmplɪˈmentri/

4. **Icebreaker (n)** /ˈaɪsbreɪkər/

5. **Plague (v)** /pleɪg/

6. **Isolate (v)** /ˈaɪsəleɪt/

Make a sentence using that word.

**Example:** She had only her cat for **companionship**.
Wear Your Words

Explanation of useful idioms.

Go it alone  

Down in the mouth  

to do something without help from anyone
unhappy and depressed

Example:

✓ Andrew decided to **go it alone** and start his own business.
✓ You look a bit **down in the mouth**. What's the matter?

Make a sentence using the given idioms.
Essential Structures

Make a sentence using the given structure.

Structure:
$$S + \text{lead (s) to } + V/N.$$  

Example: The break-up of a relationship leads to loneliness.

Suggestions:
- being rejected by others
- the lack of confidence
- aging
- moving to a new place
- etc.
Pair Work: Discuss how to deal with loneliness with your partner in 180 seconds.

Suggestions:
- get involved in social activities
- consider having a pet
- spend time with family and friends
- volunteer
- etc
Assessment Form

Here are some comments on your performance

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<tr>
<th>Students</th>
<th>Pronunciation</th>
<th>Vocabulary</th>
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Feel free to ask if you have any questions!
What We Gained

- Vocabulary related to loneliness
- **Go it alone**
- **Down in the mouth**
- **Structure:**
  
  S + lead (s) to + V/N.
- Discussions about loneliness

Please do your homework in the downloadable outline from the website!
Homework

Complete your mission and find more in related lessons

Your mission

- Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)
- Search for related lessons in the course browser
- Take those lessons

Recommendation

- Phrasal Verbs with Up and Down (#0098)
- I have to take off (#0415)