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| Listening Lesson Plan | | | |
| How to live passionately -no matter your age | | | |
| INSTRUCTOR | LEVEL / AGE | STUDENTS | LENGTH |
| Esther Park | Intermediate/ Adult | 7 | 50 minutes |
| Materials:  * Laptop to play audio file * Listening scripts (21 copies /because one set is consisted of 3 pieces of papers) * White board, board markers * Vocabulary worksheets (21 copies /because one set is consisted of 3 pieces of papers) | | | |
| Aims:  * Develop listening skills by listening to “How to live passionately -no matter your age” audio file * Ss. can practice speaking by group discussion * Ss. can learn new vocabularies related to talk | | | |
| Language Skills:  * Listening**:** Listening to “How to live passionately -no matter your age” audio file * Speaking: Group conversation * Reading: Comprehension listening script * Writing: Write and practice new vocabularies | | | |
| Language Systems:  * Phonology: Listening native speaker in the audio file * Lexis: Learning new vocabulary in talk * Grammar: Simple present, and present perfect used throughout the talk and exercise worksheet * Functions: Singing, responding how Ss feel about songs * Discourse: Conversation Ss. are listening to | | | |
| Assumptions:  * All Ss. have done Listening activities before. * Ss. know how to express personal opinions in English * Most of Ss. will be able to take a note while they are listening | | | |
| Anticipated Errors and Solutions:  * Error : While listening to audio files, the laptop might not work properly * Solution: Playing the audio files in the phone. | | | |
| References: http://www.ted.com/talks/isabelle\_allende\_how\_to\_live\_passionately\_no\_matter\_your\_age | | | |
| Notes:  * If Ss. need more time to finish their activities, be flexible with the time. Instead, give Ss more time to finish them and cut off the time of post activities. | | | |

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| Lead-In | | | |
| Title: Have you given up your dream because of getting old? | | Aims:To make students ready and be interested in a lesson | Materials: n/a |
| Time | Set Up | Students | Teacher |
| 7  min | Whole class | - Answer guiding questions | - **Greeting**  Hi, guys! How are you today?  - **Guiding question**s  When we are trying to something new we often hesitate to try it because of personal background.  It can be personal age, experience, financial viability and so on.  Today, among them I’d like to talk about having no trying anything because of old age.  It is never too late for trying something.  How do you think about this?  - **C.C.Q**   1. Have you ever given up something without trying because of your age? 2. Do you think it’s difficult to try something new because of old age? 3. If so, why do you think so? 4. If not, why do you think so?   -**Eliciting**  Ask Ss. to tell their opinions how they think about it. |
| Notes | | | |

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| Pre-Activity | | | |
| Title: Vocabulary | | Aims:To learn about new vocabulary in a talk | Materials: New vocabulary worksheets, white board, markers |
| Time | Set Up | Students | Teacher |
| 17  min | Whole class | * Practice the new vocabulary with the teacher * Use a dictionary to find out the meaning of the word * Ask questions | -Teach vocabulary(pronunciation and accent  -Answer the questions  -Encourage students to practice with new vocabulary |
| Notes: | | | |

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| Main-Activity | | | |
| Title: Listening to audio file | | Aims:  * To develop listening skills * Ss. can practice speaking by group discussion * Ss. can learn new vocabularies in a talk | Materials: Audio file (How to live passionately -no matter your age)  Listening script  Laptop & internet |
| Time | Set Up | Students | Teacher |
| 9  min  10  min | Individual  Group of 3-4 Ss. | * Listen to “How to live passionately -no matter your age” * Ask questions * Discuss about the topic and speak by sharing about personal experiences and opinions in groups of 2. | - Hand out the listening script  - Play the audio file  -While Ss. listen to the audio file teacher checks if the Ss. follow details from listening or not.  -Walk around the class to check if any help needed  - answer the questions |
| Notes  * Make sure all Ss. can follow teacher’s instructions well * Make sure sound of audio file is clear or not | | | |

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| Post-Activity | | | |
| Title: Applying importance of “Eating healthy” to students real life | | Aims:Ss. can improve listening and speaking skills by listening to each other and talking about their personal opinion | Materials: n/a |
| Time | Set Up | Students | Teacher |
| 7  min. | Group of 3-4 Ss. | * Talk about of “How to live passionately –no matter your age” in personal opinion with other class mates | -Walk around and listen to a few groups  -**C.C.Q**  1. How did you feel in this talk?  2. Do you think this talk can influence in your mindset or life  3. If you have your own way to keep the passion what is it? |
| Notes | | | |

# Worksheets, handouts and lesson materials

How to live passionately -no matter your age

**(Listening script)**



**Talk by**: Isabel Allende

Hi, Kids.

(Laughter)

I'am 71.

(Applause)

My husband is 76.

My parents are in their late 90s, and Olivia, the dog, is 16.

So let's talk about aging.

Let me tell you how I feel when I see my wrinkles in the mirror.

and I realize that some parts of me have dropped

and I can't find them down there.

(Laughter)

Mary Oliver says in one of her poems,

"Tell me, what is it that you plan to do with your one wild and precious life?"

Me, I intend to live passionately.

When do we start aging?

Society decides when we are old, usually around 65, when we get Medicare,

but we really start aging at birth.

We are aging right now, and we all experience it differently.

We all feel younger than our real age, because the spirit never ages.

I am still 17.

Sophia Loren. Look at her.

She says that everything you see she owes to spaghetti.

I tried it and gained 10 pounds in the wrong places.

But attitude, aging is also attitude and health.

But my real mentor in this journey of aging is Olga Murray.

This California girl at 60 started working in Nepal to save young girls from domestic bondage.

At 88, she has saved 12,000 girls, and she has changed the culture in the country.

(Applause)

Now it is illegal for fathers to sell their daughters into servitude.

She has also founded orphanages and nutritional clinics.

She is always happy and eternally young.

What have I lost in the last decades?

People, of course, places, and the boundless energy of my youth, and I'm beginning to lose independence, and that scares me.

Ram Dass says that dependency hurts, but if you accept it, there is less suffering.

After a very bad stroke, his ageless soul watches the changes in the body with tenderness and he is grateful to the people who help him.

What have I gained?

Freedom: I don't have to prove anything anymore.

I'm not stuck in the idea of who I was, who I want to be or what other people expect me to be.

I don't have to please men anymore, only animals.

I keep telling my superego to back off and let me enjoy what I still have.

My body may be falling apart, but my brain is not, yet.

I love my brain.

I feel lighter.

I don't carry grudges, ambition, vanity, none of the deadly sins that are not even worth the trouble.

It's great to let go.

I should have started sooner.

And I also feel softer because I'm not scared of being vulnerable.

I don't see it as weakness anymore.

And I've gained spirituality.

I'm aware that before, death was in the neighborhood.

Now, it's next door, or in my house.

I try to live mindfully and be present in the moment.

By the way, the Dalai Lama is someone who has aged beautifully, but who wants to be vegetarian

and celibate?

(Laughter)

Meditation helps.

(Video) Child: Ommm. Ommm. Ommm. There it is.

And it's good to start early.

You know, for a vain female like myself, it's very hard to age in this culture.

Inside, I feel good, I feel charming, seductive, sexy.

Nobody else sees that. (Laughter)

I'm invisible.

I want to be the center of attention.

I hate to be invisible.

This is Grace Dammann.

She has been in a wheelchair for six years after a terrible car accident.

She says that there is nothing more sensual than a hot shower, that every drop of water is a blessing to the senses.

She doesn't see herself as disabled.

In her mind, she's still surfing in the ocean.

Ethel Seiderman, a feisty, beloved activist in the place where I live in California.

She wears red patent shoes, and her mantra is that one scarf is nice but two is better.

She has been a widow for nine years, but she's not looking for another mate.

She says that there is only a limited number of ways you can screw - well, she says it in another way -

and she has tried them all.

I, on the other hand, I still have erotic fantasies with Antonio Banderas

and my poor husband has to put up with it.

So how can I stay passionate?

I cannot will myself to be passionate at 71.

I have been training for some time, and when I feel flat and bored, I fake it.

Attitude, attitude.

How do I train? I train by saying yes to whatever comes my way: drama, comedy, tragedy, love, death,

losses.

Yes to life.

And I train by trying to stay in love.

It doesn't always work, but you cannot blame me for trying.

And, on a final note, retirement in Spanish is jubilacion, Jubilation. Celebration.

We have paid our dues.

We have contributed to society.

Now it's our time, and it's a great time.

Unless you are ill or very poor, you have choices.

I have chosen to stay passionate, engaged with an open heart.

I am working on it every day.

Want to join me?

**New words and idiomatic expressions:**

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| Intend to |  | I intend to live passionately​. |
| passionately​ |  | I intend to live passionately​. |
| Medicare​ |  | when we get Medicare​,~ |
| owe A to​ B |  | She says that everything you see she owes to spaghetti​. |
| servitude |  | it is illegal for fathers to sell their daughters into servitude​. |
| in the last decades |  | What have I lost in the last decades​? |
| dependency​ |  | Ram Dass says that dependency hurts, but if you accept it, there is less suffering.​ |
| tenderness |  | ageless soul watches the changes in the body with tenderness.​ |
| grateful​ |  | he is grateful to the people who help him​ |
| superego​ |  | I keep telling my superego to back off​. |
| back off​ |  | I keep telling my superego to back off​.​ |
| fall apart​ |  | My body may be falling apart​. |
| grudges​ |  | I don't carry grudges, ambition, vanity​ |
| ambition​ |  | I don't carry grudges, ambition, vanity​ |
| vanity​ |  | I don't carry grudges, ambition, vanity​ |
| deadly​ |  | none of the deadly sins that are not even worth the trouble.​ |
| sin |  | none of the deadly sins that are not even worth the trouble.​ |
| worth the trouble​ |  | none of the deadly sins that are not even worth the trouble.​ |
| be scared of |  | I'm not scared of being vulnerable​ |
| spirituality​ |  | I've gained spirituality​ |
| mindfully​ |  | I try to live mindfully and be present in the moment.​ |
| celibate​ |  | who wants to be vegetarian and celibate?​ |
| Meditation​ |  | Meditation helps.​ |
| vain​ |  | for a vain female like myself,~​ |
| center of attention |  | I want to be the center of attention.​ |
| feisty​ |  | Ethel Seiderman, a feisty, beloved activist​. |
| activist​ |  | Ethel Seiderman, a feisty, beloved activist​. |
| seductive​ |  | I feel charming, seductive, sexy. ​ |
| [patent (leather) shoes](http://endic.naver.com/enkrEntry.nhn?entryId=a8210444894d44d9ad721c44832628db&query=patent+shoes) |  | She wears red patent shoes.​ |

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| [screw around](http://endic.naver.com/enkrIdiom.nhn?idiomId=b99b7bdfc0424d55a48518417d7e9e10&query=screw) |  | there is only a limited number of ways you can screw​. |
| put up with |  | my poor husband has to put up with it. |
| passionate |  | how can I stay passionate?​ |
| feel flat |  | when I feel flat and bored, I fake it. |
| fake it |  | when I feel flat and bored, I fake it. ​ |
| blame A for B |  | It doesn't always work, but you cannot blame me for trying.​ |
| on a final note |  | on a final note, ~ |
| presume |  | I never like to presume to speak for the TED community, but I would like to tell you that ~ |
| Hands down |  | Hands down. |
| Moderator |  | Moderator​:~ |
| follow-up |  | would it be awkward if I asked you a follow-up question about your erotic fantasies?​ |
| slather with​ |  | I slather him with guacamole and salsa, I roll him up, and I eat him. |