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Teacher notes

Hand out the activity sheet

Start the discussion – use examples of other popular self help books

Grammar

Try to elicit as many examples as possible using the different forms of advice

You may wish to roleplay some scenarios/problems for example:

What should I do?

I have no friends

I caught my friend cheating with another friend

I think I am too lazy

OR ask them to think of some problems and provide solutions

Slideshow

Click to reveal the 'RULE' ask students to discuss what they think the rule means for two minutes in pairs or groups – *click again* to reveal relevant images/quotes - *FEEDBACK and discuss* – *reveal* the meaning. *Repeat* for each rule

1. Based on research involving lobsters and their dominance hierarchy (see the article for more info). Lobsters have a similar biological makeup to humans, when they win a fight they change their posture and walk with their shoulders back. This sends a message to other lobsters that they are not to be messed with. Not only does good posture have health benefits, it also puts out a message on how you would like to be received. Bad posture sends a negative message and is bad for your health.
2. Anecdote – if you have a sick dog, you take it to the vet and make sure you see the prescription through to the end (read more in article) but most people won't do this for themselves. Treat yourself like you treat others
3. There are different types of friend – the friend you only see for a drink, the friend you only play sport with, the friend from your childhood etc. there are also toxic friends that would like to see you fail. A good friend celebrates your success, a toxic friend doesn't care. Hence the German word Schadenfreude adopted by the English language
4. In the digital age it is easy to compare yourself to the lives of those on social media. Only you can judge yourself, be better than you, not anybody else (see more in article)
5. An annoying child grows into an annoying adult. Be sociable, put out what you want to received
6. Simply put, people in glass houses shouldn't throw stones
7. Sacrifice. Don't take the shortcut as you will miss out on experience and ultimately it devalues your goal. A synonym for expedient would be convenient
8. Probably the most common message in the world, be honest. Sometimes avoiding lying means saying nothing at all. A good example from Jordan Peterson is when his wife asks him 'do I look fat in this dress' his response is 'I don't answer those types of questions'
9. Just listen. You can learn from anyone, not just teachers.



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Teacher notes

10. Again, the digital world has changed the way we communicate. People are braver online than face to face and can say things they feel are 'without consequence.' Worse still, online is forever, don't say anything that can haunt you. Put forward the best version of yourself, use your speech wisely. A good rule for language learners.

11. Take risks. If you never fail, you never learn.

12. This one is objective. Make the most of 'moments' be conscious and when life presents you with an opportunity, take it

Optional - Read the article - OR homework (upper intermediate/advanced)

Follow up activities

Writing - homework