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**Activity Sheet**

## '12 Rules for Life - an antidote to chaos' by Jordan Peterson

### Lead in - pre-article discussion

What is self help?  
What type of things do people need help or guidance with?  
Have you ever used a self help book?  
Why is self help so popular nowadays?  
Where does the best advice come from?

### Grammar

To give advice we usually use the following forms:

*Modal verbs* - should, ought to for example 'You should go to the dentist, if the pain is so bad' whereas 'ought to' has as a slightly more formal tone 'you ought to study more, if you want to pass the exam'

*Had better* - for example 'you had better wake up early or you'll miss your flight'

*The 2<sup>nd</sup> conditional* - you can see conditional forms in some of the examples above, the 2<sup>nd</sup> conditional is used specifically for advice for example 'I would listen to your teacher, if I were you' remember this can be inverted

### Now watch the slideshow and discuss the rules

#### Post-slideshow - discussion

What is the most relevant rule for you?  
What would you adapt or remove?  
What advice would you give to your younger self?  
Can advice help without having the experience yourself?

#### Optional - read the article (upper intermediate/advanced) or SKIP to pair/group activity

**Vocabulary** - (from article) learn the meaning and try to make one sentence each

Fad (n) - a trend or fashion  
kick a habit (exp) - to 'kick' something means to quit or stop doing it  
Steadfast (adj) - firmly fixed in place, immovable, not subject to change, firm in belief  
Ad hominem (exp) - a tactic in debate, to appeal to emotions or prejudice rather than intellect, to attack the character rather than answer the questions or challenge the points made  
Swagger (n) - to conduct oneself in an arrogant manner, to walk with overconfidence  
Woe (n) - a condition of deep suffering, grief, misfortune or affliction

#### Pair/group activity

Brainstorm 3 rules for life and present to the group

#### Writing

Write a blog post/article on the self help industry with the title 'How can I help you? The rise of self help'