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**Level 3 – 3rd September, 2021**

## Nike gave workers a week off to de-stress

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

### Contents

The Article	2	Discussion (Student-Created Qs)	15
Warm-Ups	3	Language Work (Cloze)	16
Vocabulary	4	Spelling	17
Before Reading / Listening	5	Put The Text Back Together	18
Gap Fill	6	Put The Words In The Right Order	19
Match The Sentences And Listen	7	Circle The Correct Word	20
Listening Gap Fill	8	Insert The Vowels (a, e, i, o, u)	21
Comprehension Questions	9	Punctuate The Text And Add Capitals	22
Multiple Choice - Quiz	10	Put A Slash ( / ) Where The Spaces Are	23
Role Play	11	Free Writing	24
After Reading / Listening	12	Academic Writing	25
Student Survey	13	Homework	26
Discussion (20 Questions)	14	Answers	27

**Please try Levels 0, 1 and 2 (they are easier).**

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# THE ARTICLE

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

The sportswear company Nike gave its office workers a holiday to help them de-stress from life's challenges and worries caused by the COVID-19 pandemic. The clothing giant gave its employees a week-long mental health break. It closed its offices from August the 23rd to the 30th so that its employees could "enjoy additional time off to rest and recover". Nike said it wanted to focus on helping to combat "burnout". Nike's senior manager of global marketing science Matt Marrazzo said: "Our senior leaders are all sending a clear message - take the time to unwind, de-stress and spend time with your loved ones. Do not work." Nike's retail stores are still open and store workers are working as usual.

Mr Marrazzo said the company was taking the lead in considering the mental health of its workers. He said: "Taking time for rest and recovery is key to performing well and staying sane. This past year has been rough. We're all human and living through a traumatic event." He added: "I'm hopeful that the empathy and grace we continue to show our teammates will have a positive impact on the culture of work moving forward." Marrazzo said the week off was "an acknowledgment that we can prioritize mental health and still get work done". He said it was important for a company to think about its workers. He wrote: "Support your people. It's good business, but it's also the right thing to do."

Sources: <https://finance.yahoo.com/news/nike-closes-offices-one-week-163533653.html>  
<https://www.msn.com/en-us/money/companies/do-not-work-nike-closed-its-corporate-offices-for-a-week-giving-employees-a-break-to-help-them-avoid-burnout/ar-AANUnZF>  
<https://www.theguardian.com/business/2021/aug/31/nike-closes-head-office-bumble-covid-pandemic>

# WARM-UPS

**1. DE-STRESSING:** Students walk around the class and talk to other students about de-stressing. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

sportswear / office workers / de-stress / challenges / mental health / burnout / retail / taking the lead / rest / traumatic / empathy / impact / support / the right thing to do

Have a chat about the topics you liked. Change topics and partners frequently.

**3. HOLIDAYS:** Students A **strongly** believe all workers should have longer holidays; Students B **strongly** believe they shouldn't. Change partners again and talk about your conversations.

**4. OFFICES:** What are the good and bad things about offices? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good Things	Bad Things
Desk		
Staff room		
Boss		
Colleagues		
Lunchtime		
Atmosphere		

**5. GIANT:** Spend one minute writing down all of the different words you associate with the word "giant". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. WORRIES:** Rank these with your partner. Put the biggest worries at the top. Change partners often and share your rankings.

- Money
- The future
- Safety
- Health
- Job
- English level
- Internet safety
- Getting old

# VOCABULARY MATCHING

## Paragraph 1

- |               |  |
|---------------|--|
| 1. challenges | a. Of a disease that is all over a whole country or the world. |
| 2. pandemic   | b. Return to a normal state of health, mind, or strength.      |
| 3. giant      | c. A worker paid by a company.                                 |
| 4. employee   | d. A very large company or organization.                       |
| 5. recover    | e. Difficult situations in life.                               |
| 6. burnout    | f. Relax after a period of work or stress.                     |
| 7. unwind     | g. Physical or mental collapse caused by overwork or stress.   |

## Paragraph 2

- |                |   |
|----------------|---|
| 8. lead        | h. Very, very shocking or worrying.   |
| 9. considering | i. The action of doing something good or important that others will follow or copy. |
| 10. key        | j. Difficult and unpleasant or unfair.  |
| 11. sane       | k. Decide something as being very or most important.                                |
| 12. rough      | l. Very important for the success of something.                                     |
| 13. traumatic  | m. Not mad or mentally ill.   |
| 14. prioritize | n. Thinking carefully about something, usually before making a decision.            |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

## 1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. Nike workers got a holiday to destress from COVID-19 worries. **T / F**
2. Nike's workers could take their week off at any time. **T / F**
3. Nike encouraged workers to spend time with loved ones. **T / F**
4. Nike's retail stores also closed to give workers a rest. **T / F**
5. A manager said rest and recovery are key for performing well. **T / F**
6. The manager talked about how rough the past year has been. **T / F**
7. The manager said performance takes priority over mental health. **T / F**
8. The manager said supporting people was the right thing to do. **T / F**

## 2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- |                       |                   |
|-----------------------|-------------------|
| 1. <b>challenges</b>  | a. relax          |
| 2. <b>employees</b>   | b. normal         |
| 3. <b>additional</b>  | c. disturbing     |
| 4. <b>unwind</b>      | d. back up        |
| 5. <b>usual</b>       | e. workers        |
| 6. <b>considering</b> | f. good manners   |
| 7. <b>key</b>         | g. difficulties   |
| 8. <b>traumatic</b>   | h. thinking about |
| 9. <b>grace</b>       | i. extra          |
| 10. <b>support</b>    | j. important      |

## 3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- |                                      |                            |
|--------------------------------------|----------------------------|
| 1. help them de-stress from life's   | a. think about its workers |
| 2. enjoy additional time off to      | b. stores are still open   |
| 3. spend time with your              | c. recovery is key         |
| 4. Nike's retail                     | d. rest and recover        |
| 5. store workers are working         | e. health                  |
| 6. Taking time for rest and          | f. loved ones              |
| 7. staying                           | g. thing to do             |
| 8. we can prioritize mental          | h. as usual                |
| 9. it was important for a company to | i. sane                    |
| 10. it's also the right              | j. challenges              |

# GAP FILL

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

The sportswear company Nike gave its office workers a holiday to help them de-stress from life's (1) \_\_\_\_\_ and worries caused by the COVID-19 pandemic. The clothing (2) \_\_\_\_\_ gave its employees a week-long mental health (3) \_\_\_\_\_. It closed its offices from August the 23rd to the 30th so that its employees could "enjoy (4) \_\_\_\_\_ time off to rest and recover". Nike said it wanted to focus on helping to combat "(5) \_\_\_\_\_". Nike's senior manager of global marketing science Matt Marrazzo said: "Our (6) \_\_\_\_\_ leaders are all sending a clear message - take the time to (7) \_\_\_\_\_, de-stress and spend time with your loved ones. Do not work." Nike's retail stores are still open and store workers are working as (8) \_\_\_\_\_.

Mr Marrazzo said the company was taking the (9) \_\_\_\_\_ in considering the mental health of its workers. He said: "Taking time for rest and recovery is (10) \_\_\_\_\_ to performing well and staying sane. This past year has been (11) \_\_\_\_\_. We're all human and living through a traumatic event." He added: "I'm hopeful that the empathy and (12) \_\_\_\_\_ we continue to show our team-mates will have a positive impact on the (13) \_\_\_\_\_ of work moving forward." Marrazzo said the week off was "an acknowledgment that we can (14) \_\_\_\_\_ mental health and still get work done". He said it was (15) \_\_\_\_\_ for a company to think about its workers. He wrote: "Support your people. It's good business, but it's also the right (16) \_\_\_\_\_ to do."

*giant*  
*senior*  
*additional*  
*usual*  
*break*  
*challenges*  
*unwind*  
*burnout*

*rough*  
*prioritize*  
*grace*  
*lead*  
*thing*  
*key*  
*important*  
*culture*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

- 1) Nike gave its office workers a holiday to help them de-stress \_\_\_\_\_
  - a. from life's challenge is
  - b. from life's challenged
  - c. from life's challenging
  - d. from life's challenges
- 2) Nike said it wanted to focus on helping \_\_\_\_\_
  - a. to combat burnt out
  - b. to combat burr naught
  - c. to combat burn naught
  - d. to combat burnout
- 3) Matt Marrazzo said our senior leaders are all sending \_\_\_\_\_
  - a. a clear massage
  - b. a clear message
  - c. a clear mess age
  - d. a clear messed age
- 4) take the time to unwind, de-stress and spend time with \_\_\_\_\_
  - a. your loved ones
  - b. your loved once
  - c. your love ones
  - d. your loved wins
- 5) Nike's retail stores are still open and store workers are \_\_\_\_\_
  - a. working as usually
  - b. working as usual
  - c. working as use you all
  - d. working as use y'all
- 6) He said taking time for rest and \_\_\_\_\_
  - a. recover is key
  - b. recoveries key
  - c. recovery is key
  - d. recover risk key
- 7) performing well and staying sane. This past year \_\_\_\_\_
  - a. has been ruff
  - b. has been trough
  - c. has been rife
  - d. has been rough
- 8) We're all human and living through \_\_\_\_\_
  - a. a traumatic event
  - b. an automatic event
  - c. a trauma tick event
  - d. a true mastic event
- 9) the week off was an acknowledgment that we can \_\_\_\_\_
  - a. priorities mental health
  - b. priory ties mental health
  - c. prior attires mental health
  - d. prioritize mental health
- 10) He wrote: "Support your people. It's good business, but it's also the right \_\_\_\_\_."
  - a. thingy to do
  - b. thong to do
  - c. sing to do
  - d. thing to do

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

The sportswear company Nike gave its (1) \_\_\_\_\_ holiday to help them de-stress from life's challenges and (2) \_\_\_\_\_ the COVID-19 pandemic. The clothing giant gave its employees a week-long mental health break. It closed its offices from August the 23rd to the 30th so that its employees could "enjoy (3) \_\_\_\_\_ to rest and recover". Nike said it wanted to focus on helping to combat "burnout". Nike's senior (4) \_\_\_\_\_ marketing science Matt Marrazzo said: "Our senior leaders are all sending (5) \_\_\_\_\_ - take the time to unwind, de-stress and spend time with your loved ones. Do not work." Nike's retail stores are still open and store workers are (6) \_\_\_\_\_.

Mr Marrazzo said the company was (7) \_\_\_\_\_ in considering the mental health of its workers. He said: "Taking time for rest and (8) \_\_\_\_\_ to performing well and staying sane. This past year has been rough. We're all human and living (9) \_\_\_\_\_ event." He added: "I'm hopeful that the empathy and grace we continue to show our team-mates will have (10) \_\_\_\_\_ on the culture of work moving forward." Marrazzo said the week off was "an acknowledgment that we (11) \_\_\_\_\_ health and still get work done". He said it was important for a company to think about its workers. He wrote: "Support your people. It's good business, but it's also the (12) \_\_\_\_\_ do."



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

1. Which of its workers did Nike give a week-long holiday to?
2. What did a Nike manager say the company wanted to combat?
3. What is Matt Marrazzo senior manager of?
4. Who did a Nike manager encourage workers to spend time with?
5. What are workers in Nike's retail stores doing?
6. What did Mr Marrazzo say was the key to performing well?
7. What did Mr Marrazzo say we are all living through?
8. What did Mr Marrazzo say was prioritized?
9. What did Mr Marrazzo say it was important a company thinks about?
10. What did Mr Marrazzo say supporting people was good for?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

- 1) Which of its workers did Nike give a week-long holiday to?
  - a) its office workers
  - b) its cleaners
  - c) its shop staff
  - d) its designers-
- 2) What did a Nike manager say the company wanted to combat?
  - a) climate change
  - b) faulty shoes
  - c) burnout
  - d) copies of its product
- 3) What is Matt Marrazzo senior manager of?
  - a) sales
  - b) global marketing science
  - c) design
  - d) technology
- 4) Who did a Nike manager encourage workers to spend time with?
  - a) each other
  - b) managers
  - c) athletes
  - d) loved ones
- 5) What are workers in Nike's retail stores doing?
  - a) working as usual
  - b) de-stressing
  - c) running
  - d) breaking records
- 6) What did Mr Marrazzo say was the key to performing well?
  - a) a comfortable office
  - b) extra money
  - c) motivation
  - d) taking time for rest and recovery
- 7) What did Mr Marrazzo say we are all living through?
  - a) interesting times
  - b) a traumatic event
  - c) tough times
  - d) a terrible pandemic
- 8) What did Mr Marrazzo say was prioritized?
  - a) working conditions
  - b) quality
  - c) profits
  - d) mental health
- 9) What did Mr Marrazzo say it was important a company thinks about?
  - a) the future
  - b) its product
  - c) its workers
  - d) profits
- 10) What did Mr Marrazzo say supporting people was good for?
  - a) the heart
  - b) business
  - c) the world
  - d) everyone

# ROLE PLAY

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

## **Role A – Money**

You think money is the biggest worry. Tell the others three reasons why. Tell them why their things aren't as big worries. Also, tell the others which is the least worrying of these (and why): your job, getting old or your English level.

## **Role B – Job**

You think your job is the biggest worry. Tell the others three reasons why. Tell them why their things aren't as big worries. Also, tell the others which is the least worrying of these (and why): money, getting old or your English level.

## **Role C – Getting Old**

You think getting old is the biggest worry. Tell the others three reasons why. Tell them why their things aren't as big worries. Also, tell the others which is the least worrying of these (and why): your job, money or your English level.

## **Role D – English Level**

You think your English level is the biggest worry. Tell the others three reasons why. Tell them why their things aren't as big worries. Also, tell the others which is the least worrying of these (and why): your job, getting old or money.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'worker' and 'stress'.

<b>worker</b>	<b>stress</b>
---------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• worries</li><li>• giant</li><li>• focus</li><li>• science</li><li>• unwind</li><li>• usual</li></ul>	<ul style="list-style-type: none"><li>• lead</li><li>• key</li><li>• event</li><li>• positive</li><li>• important</li><li>• right</li></ul>
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# DE-STRESSING SURVEY

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

Write five GOOD questions about de-stressing in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

## DE-STRESSING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'stress'?
3. How much stress is there in your life?
4. How stressful has COVID-19 been to you?
5. What do you know about the company Nike?
6. Have you ever had burnout?
7. What do companies you've worked for do for mental health?
8. What do you do to unwind?
9. Is working in a store or office more stressful?
10. Should Nike's retail workers also get a week off?

*Nike gave workers a week off to de-stress – 3rd September, 2021*  
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## DE-STRESSING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'work'?
13. What do you think about what you read?
14. What do you do to de-stress?
15. What do you think of Nike's products?
16. Should all companies follow Nike's lead?
17. How rough has the past year been?
18. How do you look after your mental health?
19. Do all companies think about their workers?
20. What questions would you like to ask Nike's boss?

## **DISCUSSION (Write your own questions)**

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## **DISCUSSION (Write your own questions)**

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

The sportswear company Nike gave its (1) \_\_\_\_\_ workers a holiday to help them de-stress from life's challenges and worries caused (2) \_\_\_\_\_ the COVID-19 pandemic. The clothing giant gave its employees a week-long mental health break. It closed its offices from August the 23rd to the 30th so that its employees could "enjoy additional time (3) \_\_\_\_\_ to rest and recover". Nike said it wanted to focus (4) \_\_\_\_\_ helping to combat "burnout". Nike's senior manager of global marketing science Matt Marrazzo said: "Our senior leaders are (5) \_\_\_\_\_ sending a clear message - take the time to unwind, de-stress and spend time with your loved ones. Do not work." Nike's retail stores are still open and store workers are working (6) \_\_\_\_\_ usual.

Mr Marrazzo said the company was taking the (7) \_\_\_\_\_ in considering the mental health of its workers. He said: "Taking time for rest and recovery is (8) \_\_\_\_\_ to performing well and staying sane. This past year has been rough. We're all human and living through a traumatic event." He added: "I'm hopeful that the empathy and (9) \_\_\_\_\_ we continue to show our team-mates will have a positive impact on the culture of work moving forward." Marrazzo said the week off was "an acknowledgment that we can prioritize mental health and (10) \_\_\_\_\_ get work done". He said it was important (11) \_\_\_\_\_ a company to think about its workers. He wrote: "Support your people. It's good business, but it's also the right thing to (12) \_\_\_\_\_."

## Put the correct words from the table below in the above article.

- |     |               |            |             |                 |
|-----|---------------|------------|-------------|-----------------|
| 1.  | (a) officials | (b) office | (c) officer | (d) officialdom |
| 2.  | (a) on        | (b) by     | (c) at      | (d) of          |
| 3.  | (a) on        | (b) over   | (c) up      | (d) off         |
| 4.  | (a) of        | (b) on     | (c) up      | (d) at          |
| 5.  | (a) whole     | (b) every  | (c) entire  | (d) all         |
| 6.  | (a) was       | (b) has    | (c) as      | (d) 'twas       |
| 7.  | (a) lead      | (b) gold   | (c) iron    | (d) steel       |
| 8.  | (a) lock      | (b) safe   | (c) key     | (d) chain       |
| 9.  | (a) grate     | (b) grape  | (c) grade   | (d) grace       |
| 10. | (a) still     | (b) must   | (c) plus    | (d) time        |
| 11. | (a) for       | (b) on     | (c) at      | (d) by          |
| 12. | (a) do        | (b) seem   | (c) appear  | (d) time        |



# SPELLING

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

## Paragraph 1

1. The reastwrpso company Nike
2. de-stress from life's csehlangle
3. enjoy alaidntdi time off to rest
4. focus on helping to combat outbnur
5. Our erison leaders
6. Nike's ilreta stores are still open

## Paragraph 2

7. Taking time for rest and oereycrv
8. living through a rcmutaait event
9. have a positive ctiapm on the culture
10. the week off was an tkglnwcnaoemde
11. we can irpirizteo mental health
12. It's good essbsinu

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

**Number these lines in the correct order.**

- ( ) sane. This past year has been rough. We're all human and living through a traumatic event." He added: "I'm hopeful that the empathy
- ( ) long mental health break. It closed its offices from August the 23rd to the 30th so that its employees could "enjoy
- ( ) leaders are all sending a clear message - take the time to unwind, de-stress and spend time with your loved
- ( **1** ) The sportswear company Nike gave its office workers a holiday to help them de-stress from life's
- ( ) forward." Marrazzo said the week off was "an acknowledgment that we can prioritize
- ( ) mental health and still get work done". He said it was important for a company to think
- ( ) about its workers. He wrote: "Support your people. It's good business, but it's also the right thing to do."
- ( ) ones. Do not work." Nike's retail stores are still open and store workers are working as usual.
- ( ) and grace we continue to show our team-mates will have a positive impact on the culture of work moving
- ( ) "burnout". Nike's senior manager of global marketing science Matt Marrazzo said: "Our senior
- ( ) of its workers. He said: "Taking time for rest and recovery is key to performing well and staying
- ( ) Mr Marrazzo said the company was taking the lead in considering the mental health
- ( ) challenges and worries caused by the COVID-19 pandemic. The clothing giant gave its employees a week-
- ( ) additional time off to rest and recover". Nike said it wanted to focus on helping to combat

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

1. holiday . its office gave a workers Nike
2. Help them and from worries . challenges de-stress life's
3. employees clothing a The week-long giant break . gave
4. focused It to helping combat burnout . on
5. sending clear a message . are leaders Our senior
6. in taking health . was the Nike mental lead
7. living through event . and human traumatic a We're
8. on impact positive the Have work a culture .
9. An prioritize that mental health . can acknowledgment we
10. to also is right the thing It do .

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

The sportswear company Nike gave its *officer / office* workers a holiday to help them de-stress from life's *challenging / challenges* and worries caused by the COVID-19 pandemic. The clothing *giant / gigantic* gave its employees a week-long *mental / mentally* health break. It closed its offices from August the 23rd to the 30th so that its employees could "*enjoyment / enjoy* additional time off to rest and *recover / recovery*". Nike said it wanted to focus *at / on* helping to combat "burnout". Nike's senior manager of global marketing science Matt Marrazzo said: "Our senior leaders are *whole / all* sending a clear message - take the *clock / time* to unwind, de-stress and spend time with your loved ones. Do not work." Nike's retail stores are still open and store workers are working as *usual / unusual*.

Mr Marrazzo said the company was taking the *iron / lead* in considering the mental health of its workers. He said: "Taking time *for / on* rest and recovery is key to performing *good / well* and staying sane. This past year has been rough. We're *all / every* human and living through a traumatic event." He added: "I'm hopeful that the empathy and *grade / grace* we continue to show our team-mates will have a positive *compact / impact* on the culture of work moving forward." Marrazzo said the week *off / on* was "an acknowledgment that we can *prioritize / priority* mental health and still get work done". He said it was *importance / important* for a company to think about its workers. He wrote: "Support your people. It's good business, but it's also the right thing to *work / do*."

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

Th\_ sp\_rtsw\_\_r c\_mp\_ny N\_k\_ g\_v\_ \_ts \_ff\_c\_ w\_rk\_rs  
\_ h\_l\_d\_y t\_ h\_lp th\_m d\_-str\_ss fr\_m l\_f\_'s  
ch\_ll\_ng\_s \_nd w\_rr\_\_s c\_\_s\_d by th\_ C\_V\_D-19  
p\_nd\_m\_c. Th\_ cl\_th\_ng g\_\_nt g\_v\_ \_ts \_mpl\_y\_\_s \_  
w\_\_k-l\_ng m\_nt\_l h\_\_lth br\_\_k. \_t cl\_s\_d \_ts \_ff\_c\_s  
fr\_m \_\_g\_st th\_ 23rd t\_ th\_ 30th s\_ th\_t \_ts  
\_mpl\_y\_\_s c\_\_ld "\_nj\_y \_dd\_t\_\_n\_l t\_m\_ \_ff t\_ r\_st  
\_nd r\_c\_v\_r". N\_k\_ s\_\_d \_t w\_nt\_d t\_ f\_c\_s \_n  
h\_lp\_ng t\_ c\_mb\_t "b\_rn\_\_t". N\_k\_'s s\_n\_\_r m\_n\_g\_r \_f  
gl\_b\_l m\_rk\_t\_ng sc\_\_nc\_ M\_tt M\_rr\_zz\_ s\_\_d: "\_r  
s\_n\_\_r l\_\_d\_rs \_r\_ \_ll s\_nd\_ng \_ cl\_\_r m\_ss\_g\_ - t\_k\_  
th\_ t\_m\_ t\_ \_nw\_nd, d\_-str\_ss \_nd sp\_nd t\_m\_ w\_th  
y\_\_r l\_v\_d \_n\_s. D\_ n\_t w\_rk." N\_k\_'s r\_t\_\_l st\_r\_s  
\_r\_ st\_ll \_p\_n \_nd st\_r\_ w\_rk\_rs \_r\_ w\_rk\_ng \_s  
\_s\_\_l.

Mr M\_rr\_zz\_ s\_\_d th\_ c\_mp\_ny w\_s t\_k\_ng th\_ l\_\_d \_n  
c\_ns\_d\_r\_ng th\_ m\_nt\_l h\_\_lth \_f \_ts w\_rk\_rs. H\_  
s\_\_d: "T\_k\_ng t\_m\_ f\_r r\_st \_nd r\_c\_v\_ry \_s k\_y t\_  
p\_rf\_rm\_ng w\_ll \_nd st\_y\_ng s\_n\_. Th\_s p\_st y\_\_r h\_s  
b\_\_n r\_\_gh. W\_'r\_ \_ll h\_m\_n \_nd l\_v\_ng thr\_\_gh \_  
tr\_\_m\_t\_c \_v\_nt." H\_ \_dd\_d: "'m h\_p\_f\_l th\_t th\_  
\_mp\_thy \_nd gr\_c\_ w\_ c\_nt\_n\_\_ t\_ sh\_w \_\_r t\_\_m-  
m\_t\_s w\_ll h\_v\_ \_ p\_s\_t\_v\_ \_mp\_ct \_n th\_ c\_lt\_r\_ \_f  
w\_rk m\_v\_ng f\_rw\_rd." M\_rr\_zz\_ s\_\_d th\_ w\_\_k \_ff  
w\_s "\_n \_ckn\_wl\_dgm\_nt th\_t w\_ c\_n pr\_\_r\_t\_z\_ m\_nt\_l  
h\_\_lth \_nd st\_ll g\_t w\_rk d\_n\_". H\_ s\_\_d \_t w\_s  
\_mp\_rt\_nt f\_r \_ c\_mp\_ny t\_ th\_nk \_b\_\_t \_ts w\_rk\_rs.  
H\_ wr\_t\_: "S\_pp\_rt y\_\_r p\_\_pl\_. \_t's g\_\_d b\_s\_n\_ss,  
b\_t \_t's \_ls\_ th\_ r\_ght th\_ng t\_ d\_."

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

the sportswear company nike gave its office workers a holiday to help them destress from lifes challenges and worries caused by the covid19 pandemic the clothing giant gave its employees a weeklong mental health break it closed its offices from august the 23rd to the 30th so that its employees could enjoy additional time off to rest and recover nike said it wanted to focus on helping to combat burnout nikes senior manager of global marketing science matt marrazzo said our senior leaders are all sending a clear message take the time to unwind destress and spend time with your loved ones do not work nikes retail stores are still open and store workers are working as usual

mr marrazzo said the company was taking the lead in considering the mental health of its workers he said taking time for rest and recovery is key to performing well and staying sane this past year has been rough were all human and living through a traumatic event he added im hopeful that the empathy and grace we continue to show our teammates will have a positive impact on the culture of work moving forward marrazzo said the week off was an acknowledgment that we can prioritize mental health and still get work done he said it was important for a company to think about its workers he wrote support your people its good business but its also the right thing to do

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike.html>

The sportswear company Nike gave its office workers a holiday to help them de-stress from life's challenges and worries caused by the COVID-19 pandemic. The clothing giant gave its employees a week-long mental health break. It closed its offices from August the 23rd to the 30th so that its employees could "enjoy additional time off to rest and recover". Nike said it wanted to focus on helping to combat "burnout". Nike's senior manager of global marketing science Matt Marrazzo said: "Our senior leaders are all sending a clear message - take the time to unwind, de-stress and spend time with your loved ones. Do not work." Nike's retail stores are still open and store workers are working as usual. Mr Marrazzo said the company was taking the lead in considering the mental health of its workers. He said: "Taking time for rest and recovery is key to performing well and staying sane. This past year has been rough. We're all human and living through a traumatic event." He added: "I'm hopeful that the empathy and grace we continue to show our team-mates will have a positive impact on the culture of work moving forward." Marrazzo said the week off was "an acknowledgment that we can prioritize mental health and still get work done". He said it was important for a company to think about its workers. He wrote: "Support your people. It's good business, but it's also the right thing to do."







# HOMEWORK

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. DE-STRESSING:** Make a poster about de-stressing. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. MENTAL HEALTH WEEK:** Write a magazine article about giving all workers and extra week's holiday to de-stress. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on de-stressing. Ask him/her three questions about it. Give him/her three of your ideas on how to de-stress. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. e    2. a    3. d    4. c    5. b    6. g    7. f  
8. i    9. n    10. l    11. m    12. j    13. h    14. k

## TRUE / FALSE (p.5)

- 1 T    2 F    3 T    4 F    5 T    6 T    7 F    8 T

## SYNONYM MATCH (p.5)

1. g	2. e	3. i	4. a	5. b
6. h	7. j	8. c	9. f	10. d

## COMPREHENSION QUESTIONS (p.9)

1. Its office workers
2. Burnout
3. Global marketing science
4. Loved ones
5. Working as usual
6. Taking time for rest and recovery
7. A traumatic event
8. Mental health
9. Its workers
10. Business

## WORDS IN THE RIGHT ORDER (p.19)

1. Nike gave its office workers a holiday.
2. Help them de-stress from life's challenges and worries.
3. The clothing giant gave employees a week-long break.
4. It focused on helping to combat burnout.
5. Our senior leaders are sending a clear message.
6. Nike was taking the lead in mental health.
7. We're human and living through a traumatic event.
8. Have a positive impact on the work culture.
9. An acknowledgment that we can prioritize mental health.
10. It is also the right thing to do.

## MULTIPLE CHOICE - QUIZ (p.10)

1. a    2. c    3. b    4. d    5. a    6. d    7. b    8. d    9. c    10. b

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)