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Level 2 – 1st June, 2021

Amazon creates 'AmaZen' booths for stressed workers

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<https://breakingnewsenglish.com/2106/210601-wellness-chambers-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2106/210601-wellness-chambers-2.html>

Amazon wants to help workers with mental health problems. It plans to put booths called "wellness chambers" in its warehouses to help workers relax. Workers can sit inside one of the booths and watch videos about relaxation. Amazon said the chambers are part of a system called "AmaZen". Zen is a method of meditating and focusing on being calm. The company said: "Employees can visit AmaZen stations and watch short videos featuring easy-to-follow well-being activities, including guided meditations...and calming scenes with sounds."

Not all was Zen-like on social media after Amazon shared a video of its AmaZen chamber. Many Twitter users criticised both the idea of the wellness chamber and working conditions at Amazon's warehouses. An Amazon worker said the chambers would not work. He described his experiences of working at Amazon. He said: "You don't get treated like a person. They work you like a robot...You don't have time to...get water. You don't have time to go to the bathroom." Amazon said: "The health and safety of employees is [our] number one priority and has been since day one."

Sources: <https://www.bbc.com/news/technology-57287151>
<https://finance.yahoo.com/news/amazon-rolls-zenbooth-warehouse-employees-135253883.html>
<https://www.independent.co.uk/voices/amazon-amazen-union-alabama-warehouse-b1855408.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2106/210601-wellness-chambers-2.html>

PARAGRAPH ONE:

- | | |
|---------------------------|----------------------|
| 1. mental health | a. being activities |
| 2. Workers can sit inside | b. called "AmaZen" |
| 3. part of a system | c. meditations |
| 4. focusing on being | d. one of the booths |
| 5. watch short | e. calm |
| 6. easy-to-follow well- | f. sounds |
| 7. guided | g. videos |
| 8. calming scenes with | h. problems |

PARAGRAPH TWO:

- | | |
|-----------------------------|--------------------|
| 1. Not all was Zen-like | a. one |
| 2. working | b. like a person |
| 3. He described his | c. employees |
| 4. You don't get treated | d. a robot |
| 5. They work you like | e. priority |
| 6. The health and safety of | f. conditions |
| 7. our number one | g. on social media |
| 8. since day | h. experiences |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2106/210601-wellness-chambers-2.html>

Amazon wants to (1) _____ mental health problems. It plans to put booths called "wellness chambers" in its warehouses to (2) _____. Workers can sit inside one of the booths and watch (3) _____. Amazon said the chambers are part of a system called "AmaZen". Zen is a method of meditating and focusing (4) _____. The company said: "Employees can visit AmaZen stations and watch short videos featuring (5) _____ well-being activities, including guided meditations... (6) _____ with sounds."

Not all was Zen-like on social media after Amazon (7) _____ of its AmaZen chamber. Many Twitter users criticised both (8) _____ the wellness chamber and working conditions at Amazon's warehouses. An Amazon worker said the chambers (9) _____. He described his experiences of working at Amazon. He said: "You don't (10) _____ a person. They work you like a robot...You don't have time to...get water. You don't have time to go to the bathroom." Amazon said: "The (11) _____ of employees is [our] (12) _____ and has been since day one."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2106/210601-wellness-chambers-2.html>

Amazon wantsto helpworkers withmental healthproblems. Itplan stop
utbooths called "wellnesschambers" initswarehousesto helpworkers
relax. Workerscansitinsideoneoftheboothsand watchvideos aboutrela
xation. Amazonsaidthechambersarepartofasystem called "AmaZen".
Zenisamethodof meditatingand focusingonbeingcalm. Thecompanys
aid: "Employee scanvisitAmaZenstationsand watchshortvideosfeatur
ingeasy-to-followwell-beingactivities, includingguidedmeditations.
..andcalmingsceneswithsounds." NotallwasZen-likeonsocialmediaaf
terAmazonsharedavideoofitsAmaZen chamber. ManyTwitteruserscri
ticisedboththeideaofthewellnesschamberandworkingconditionsatA
mazon'swarehouses. AnAmazonworkersaidthechamberswouldnotw
ork. HedescribedhisexperiencesofworkingatAmazon. Hesaid: "Youdo
n'tgettreatedlikeaperson. Theyworkyoulikearobot... Youdon'thaveti
meto... getwater. Youdon'thavetimetogotothebathroom." Amazonsa
id: "Thehealthandsafetyofemployeesis[our]numberonepriorityandh
asbeensince dayone."

MENTAL HEALTH SURVEY

From <https://breakingnewsenglish.com/2106/210601-wellness-chambers-2.html>

Write five GOOD questions about mental health 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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

