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Level 0 – 3rd September, 2021

Nike gave workers a week off to de-stress

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<https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-0.html>

Nike gave its office workers a week-long holiday to de-stress.

The sportswear company closed its offices so workers could "enjoy additional time off to rest and recover". Nike wanted workers to "take the time to unwind, de-stress and spend time with...loved ones." Nike's store workers worked as usual.

Nike said: "Taking time for rest and recovery is key to performing well....This past year has been rough. We're all human and living through a traumatic event." The holiday shows that Nike cares about mental health. The company 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>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|-----------------|
| 1. office | a. company |
| 2. a week- | b. recover |
| 3. sportswear | c. long holiday |
| 4. workers could enjoy additional | d. as usual |
| 5. rest and | e. ones |
| 6. take the time | f. workers |
| 7. spend time with loved | g. to unwind |
| 8. Nike's store workers worked | h. time off |

PARAGRAPH TWO:

- | | |
|-------------------------------|---------------|
| 1. Taking time for | a. Nike cares |
| 2. recovery | b. human |
| 3. This past year has | c. is key |
| 4. We're all | d. to do |
| 5. living through a traumatic | e. people |
| 6. The holiday shows that | f. rest |
| 7. Support your | g. event |
| 8. the right thing | h. been rough |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-0.html>

Nike (1) _____ workers a week-long holiday to de-stress. The sportswear company (2) _____ so workers could "(3) _____ off to rest and recover". Nike (4) _____ to "take the time to unwind, de-(5) _____ time with...loved ones." Nike's store workers (6) _____.

Nike said: "Taking (7) _____ and recovery is key to performing well....This past year (8) _____." We're all (9) _____ through a traumatic event."

The holiday shows that Nike (10) _____ health.

The company wrote: "(11) _____. It's good business, but it's also the right (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

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DE-STRESSING SURVEY

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-0.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.

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) _____

WRITING

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-0.html>

Write about **de-stressing** for 10 minutes. Read and talk about your partner's paper.
