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Level 6 – 30th November 2026

UK's Princess of Wales shares experiences of cancer

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https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

Britain's Kate Middleton, Princess of Wales, has spoken openly in a 30-minute documentary about her battle with cancer. The film is called Heal. It follows Kate as she completes the Three Peaks Challenge, climbing the highest mountains in England, Scotland, and Wales within 24 hours. During the challenging climbs, money was raised for a cancer charity that is close to her heart. Kate hopes the film will encourage people to support others facing life-threatening illness. A royal official said: "The Princess hopes to help others navigate diagnosis, recovery and life beyond cancer and transform access to holistic cancer care which supports wellbeing, resilience and quality of life during and after diagnosis."

In the documentary, Kate spoke candidly about the emotional and physical impact of cancer. She announced her diagnosis in March 2024 and disclosed that she was in remission in January 2025. She said: "Cancer does change you. It changes your body, it changes you physically, but there's a much, much deeper part to what a cancer diagnosis shifts in you." Kate described her hospital experience as a dark, scary and disorientating time. She explained that healing involved learning to live differently and finding hope despite uncertainty. She revealed that nature helped her recovery. She said: "Even when I physically couldn't get into nature, I imagined nature from my hospital bed."

Sources: https://www.**theguardian.com**/uk-news/2026/nov/27/catherine-princess-of-wales-heal-documentary-cancer
https://www.**cbsnews.com**/news/catherine-princess-of-wales-heal-documentary-cancer-healing/
https://www.**nbc.com**/nbc-insider/kate-middleton-documentary-heal-everything-to-know

WARM-UPS

1. HEALING: Students walk around the class and talk to other students about healing. 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?

> princess / speaking openly / documentary / cancer / challenge / mountains / illness / documentary / diagnosis / hospital / scary / healing / hope / uncertainty / recovery

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

3. SPEAKING OPENLY: Students A **strongly** believe we should all speak openly about our illnesses; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. BATTLES: How can we help in the battle against these illnesses? When do you think they will be cured? Complete this table with your partner(s). Change partners often and share what you wrote.

	Help	Cure
Cancer		
Mental health issues		
Dementia		
Heart disease		
Diabetes		
Asthma		

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

6. RECOVERY: Rank these with your partner. Put the best things to help us recover from illnesses at the top. Change partners often and share your rankings.

- Medicine
- Exercise
- Nature
- Friends
- Art
- Support groups
- New hobbies
- Diet

VOCABULARY MATCHING

Paragraph 1

1.	documentary	a.	A doctor's decision about what illness someone has.
2.	climb (noun)	b.	To give someone support or help them feel they can do something.
3.	encourage	c.	A difficult time or situation that you must get through.
4.	navigate	d.	The ability to become strong again after something difficult.
5.	diagnosis	e.	A film or television programme that shows real people and events.
6.	holistic	f.	To find your way through a place or situation.
7.	resilience	g.	Looking at the whole person and all parts of their health and life.

Paragraph 2

8.	candidly	h.	Told someone something that was secret or private.
9.	disclosed	i.	The process of becoming healthy or feeling better after a difficult experience.
10.	in remission	j.	The process of getting better after an illness or difficult experience.
11.	disorientating	k.	In a period when an illness, especially cancer, is no longer active or showing signs.
12.	healing (noun)	l.	Taking part in something or being connected to it.
13.	involved	m.	Making someone feel confused and unsure of where they are or what is happening.
14.	recovery	n.	In an honest and open way.

BEFORE READING / LISTENING

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

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

1. There is a new hour-long documentary about a UK princess. **T / F**
2. The film is called Feel. **T / F**
3. The Princess of Wales climbed three mountains in 24 hours. **T / F**
4. The princess raised money for a charity she liked a lot. **T / F**
5. The princess first announced she had cancer five years ago. **T / F**
6. The princess said she had a comfortable experience in hospital. **T / F**
7. The princess said healing means living life as you have always done. **T / F**
8. The princess visualized being in nature from her hospital bed. **T / F**

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

1. openly	a. effect
2. documentary	b. collected
3. raised	c. visualized
4. challenging	d. respite
5. resilience	e. demanding
6. impact	f. film
7. remission	g. the unknown
8. disorientating	h. strength of character
9. uncertainty	i. confusing
10. imagined	j. frankly

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

1. a 30-minute documentary	a. threatening illness
2. a cancer charity that is	b. cancer care
3. support others facing life-	c. uncertainty
4. access to holistic	d. about her battle
5. quality	e. remission
6. In the documentary, Kate spoke	f. a cancer diagnosis shifts
7. disclosed that she was in	g. of life
8. a much, much deeper part to what	h. disorientating time
9. a dark, scary and	i. close to her heart
10. finding hope despite	j. candidly

GAP FILL

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

Britain's Kate Middleton, Princess of Wales, has spoken (1) _____ in a 30-minute documentary about her battle with cancer. The film is called Heal. It follows Kate as she (2) _____ the Three Peaks Challenge, climbing the highest mountains in England, Scotland, and Wales within 24 hours. During the (3) _____ climbs, money was raised for a cancer charity that is (4) _____ to her heart. Kate hopes the film will encourage people to support others (5) _____ life-threatening illness. A royal official said: "The Princess hopes to help others navigate (6) _____, recovery and life beyond cancer and transform access to (7) _____ cancer care which supports wellbeing, resilience and quality of (8) _____ during and after diagnosis."

challenging

facing

openly

life

close

diagnosis

completes

holistic

In the documentary, Kate spoke (9) _____ about the emotional and physical (10) _____ of cancer. She announced her diagnosis in March 2024 and disclosed that she was (11) _____ remission in January 2025. She said: "Cancer does change you. It changes your body, it changes you physically, but there's a much, much deeper (12) _____ to what a cancer diagnosis shifts in you." Kate described her hospital experience as a dark, scary and (13) _____ time. She explained that healing involved learning to live (14) _____ and finding hope despite uncertainty. She revealed that nature helped her recovery. She said: "Even when I (15) _____ couldn't get into nature, I (16) _____ nature from my hospital bed."

disorientating

impact

imagined

part

candidly

physically

in

differently

LISTENING – Guess the answers. Listen to check.

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

1) spoken openly in a 30-minute documentary about her _____
   a. battle with cancerous
   b. battled with canker
   c. battle with cancer
   d. battled with cancer
2) During the challenging climbs, money was raised for _____
   a. a cancer charitable
   b. a cancer charitably
   c. a cancer charities
   d. a cancer charity
3) the film will encourage people to support others facing _____
   a. life-threatening illness
   b. life treating illness
   c. life-threaten in illness
   d. live-threatening illness
4) navigate diagnosis, recovery and life beyond cancer and transform access to _____
   a. holistic cancer care
   b. holy stick cancer care
   c. holistic cancer cares
   d. holistic cancer carer
5) supports wellbeing, resilience and quality of life during _____
   a. end alter diagnosis
   b. and often diagnosis
   c. end after diagnosis
   d. and after diagnosis
6) In the documentary, Kate spoke candidly about the emotional _____
   a. and physical compact
   b. and physical in pact
   c. and physical impact
   d. and physicals impact
7) She announced her diagnosis in March 2024 and disclosed that she _____
   a. was on remission
   b. was in remission
   c. was in commission
   d. was non remission
8) Cancer does change you. It changes your body, it _____
   a. changes you physical
   b. changes you physically
   c. changes your physically
   d. change is you physically
9) Kate described her hospital experience as a dark, scary _____
   a. and disorientate time
   b. and disorientating time
   c. end disorientating time
   d. and this orientating time
10) She said: "Even when I physically couldn't _____
   a. get into nature
   b. get onto nature
   c. get unto nature
   d. getting to nature

LISTENING – Listen and fill in the gaps

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

Britain's Kate Middleton, Princess of Wales, (1) _____ in a 30-minute documentary about her (2) _____. The film is called Heal. It follows Kate as she completes the Three Peaks Challenge, climbing the highest mountains in England, Scotland, and Wales within 24 hours. (3) _____ climbs, money was raised for a cancer charity that is close (4) _____. Kate hopes the film will encourage people to support others facing life-threatening illness. (5) _____ said: "The Princess hopes to help others navigate diagnosis, recovery and life beyond cancer and transform access to holistic cancer care which supports wellbeing, (6) _____ of life during and after diagnosis."

In the documentary, Kate (7) _____ the emotional and physical impact of cancer. She announced her diagnosis in March 2024 and disclosed that she was (8) _____ January 2025. She said: "Cancer does change you. It changes your body, it changes you physically, but there's a much, (9) _____ to what a cancer (10) _____ you." Kate described her hospital experience as a dark, scary and disorientating time. She explained that healing (11) _____ live differently and finding hope despite uncertainty. She revealed that nature (12) _____. She said: "Even when I physically couldn't get into nature, I imagined nature from my hospital bed."

COMPREHENSION QUESTIONS

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

1. What is the name of the documentary about the Princess of Wales?

2. How long did the princess have to climb three high mountains?

3. What does the article say was close to the princess' heart?

4. Who does the princess hope people will support?

5. What does the princess hope to transform access to?

6. When was Kate first diagnosed with cancer?

7. What does Kate say cancer does to you?

8. How did Kate describe her time in hospital besides dark and scary?

9. What does Kate say people must find while they are healing?

10. What did Kate imagine when she was in her hospital bed?

MULTIPLE CHOICE - QUIZ

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

1) What is the name of the documentary about the Princess of Wales?
a) Feel
b) Kneel
c) Heal
d) Wheel

2) How long did the princess have to climb three high mountains?
a) 24 hours
b) There was no time limit.
c) 12 hours
d) 48 hours

3) What does the article say was close to the princess' heart?
a) hospitals
b) a cancer charity
c) nurses
d) mountain climbing

4) Who does the princess hope people will support?
a) the royal family
b) cancer charities
c) students nurses
d) people facing life-threatening illness

5) What does the princess hope to transform access to?
a) drugs
b) hospitals
c) holistic cancer care
d) information on the internet

6) When was Kate first diagnosed with cancer?
a) 2025
b) 2024
c) 2023
d) 2022

7) What does Kate say cancer does to you?
a) It causes you extreme stress.
b) It ages you.
c) It gives you headaches.
d) It changes you.

8) How did Kate describe her time in hospital besides dark and scary?
a) depressing
b) disorientating
c) debilitating
d) dangerous

9) What does Kate say people must find while they are healing?
a) inner strength
b) hope
c) money
d) a better way of living

10) What did Kate imagine when she was in her hospital bed?
a) nature
b) magical stories
c) a bright future
d) the end of cancer

ROLE PLAY

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

Role A – Medicine

You think medicine is the best thing to help recover from illness. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): friends, nature or art.

Role B – Friends

You think friends are the best things to help recover from illness. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): medicine, nature or art.

Role C – Nature

You think nature is the best thing to help recover from illness. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): friends, medicine or art.

Role D – Art

You think art is the best thing to help recover from illness. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): friends, nature or medicine.

AFTER READING / LISTENING

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for… the words 'princess' and 'healing'.

princess	**healing**

- 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:

• openly • follows • raised • encourage • others • access	• impact • disclosed • deeper • healing • recovery • physically

HEALING SURVEY

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

Write five GOOD questions about healing 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.

HEALING 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 'princess'?
3. What do you know about Kate Middleton?
4. Would you like to see Kate Middleton's documentary?
5. How important is it for famous people to talk about illnesses?
6. What do you think of Kate climbing the three British mountains?
7. What charities do you give money to?
8. What can we do to help cancer charities?
9. Have you ever gone through a process of healing?
10. What advice do you have for Kate Middleton?

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HEALING 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 'healing'?
13. What do you think about what you read?
14. How often do you speak candidly about things?
15. How would you deal with a serious illness?
16. How can we make hospital stays better?
17. Do you live a healthy life?
18. What can we do to make all cancer curable?
19. How healing is being in nature?
20. What questions would you like to ask the princess?

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/2611/261130-kate-middleton-cancer.html

Britain's Kate Middleton, Princess of Wales, has spoken (1) _____ in a 30-minute documentary about her battle (2) _____ cancer. The film is called Heal. It follows Kate as she completes the Three Peaks Challenge, climbing the highest mountains in England, Scotland, and Wales (3) _____ 24 hours. During the challenging climbs, money was (4) _____ for a cancer charity that is close to her heart. Kate hopes the film will encourage people (5) _____ support others facing life-threatening illness. A royal official said: "The Princess hopes to help others navigate diagnosis, recovery and life beyond cancer and transform (6) _____ to holistic cancer care which supports wellbeing, resilience and quality of life during and after diagnosis."

In the documentary, Kate spoke (7) _____ about the emotional and physical impact of cancer. She announced her diagnosis in March 2024 and disclosed that she was (8) _____ remission in January 2025. She said: "Cancer does change you. It changes your body, it changes you physically, but there's a much, much (9) _____ part to what a cancer diagnosis shifts in you." Kate described her hospital experience (10) _____ a dark, scary and disorientating time. She explained that healing involved learning to live differently and (11) _____ hope despite uncertainty. She revealed that nature helped her recovery. She said: "Even when I physically couldn't get (12) _____ nature, I imagined nature from my hospital bed."

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

1.	(a)	openly	(b)	opened	(c)	open	(d)	opens
2.	(a)	without	(b)	within	(c)	with	(d)	wither
3.	(a)	wither	(b)	with	(c)	within	(d)	without
4.	(a)	rising	(b)	arise	(c)	risen	(d)	raised
5.	(a)	to	(b)	at	(c)	for	(d)	by
6.	(a)	excess	(b)	access	(c)	assess	(d)	recess
7.	(a)	frank	(b)	length	(c)	plain	(d)	candidly
8.	(a)	on	(b)	in	(c)	of	(d)	by
9.	(a)	deepens	(b)	deepen	(c)	deeper	(d)	depend
10.	(a)	has	(b)	is	(c)	was	(d)	as
11.	(a)	fending	(b)	funding	(c)	founding	(d)	finding
12.	(a)	unto	(b)	into	(c)	onto	(d)	up to

SPELLING

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

Paragraph 1

1. a 30-minute eydmoartncu about her battle

2. money was raised for a cancer rticyah

3. Kate hopes the film will enegucaro people

4. access to tislcohi cancer care

5. cnierilese and quality of life

6. during and after isiagdons

Paragraph 2

7. Kate spoke lcyanddi

8. the otlamenio and physical impact

9. disclosed that she was in esmirnois

10. a dark, scary and sogaiitertnind time

11. finding hope despite tytcainnuer

12. nature helped her oreevcry

PUT THE TEXT BACK TOGETHER

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

Number these lines in the correct order.

(***1***) Britain's Kate Middleton, Princess of Wales, has spoken openly in a 30-minute documentary about her battle

( ) care which supports wellbeing, resilience and quality of life during and after diagnosis."

( ) hospital experience as a dark, scary and disorientating time. She explained that healing involved learning to

( ) In the documentary, Kate spoke candidly about the emotional and physical impact

( ) live differently and finding hope despite uncertainty. She revealed that nature helped her

( ) of cancer. She announced her diagnosis in March 2024 and disclosed that she was in

( ) others facing life-threatening illness. A royal official said: "The Princess hopes to help

( ) others navigate diagnosis, recovery and life beyond cancer and transform access to holistic cancer

( ) physically, but there's a much, much deeper part to what a cancer diagnosis shifts in you." Kate described her

( ) raised for a cancer charity that is close to her heart. Kate hopes the film will encourage people to support

( ) recovery. She said: "Even when I physically couldn't get into nature, I imagined nature from my hospital bed."

( ) remission in January 2025. She said: "Cancer does change you. It changes your body, it changes you

( ) the highest mountains in England, Scotland, and Wales within 24 hours. During the challenging climbs, money was

( ) with cancer. The film is called Heal. It follows Kate as she completes the Three Peaks Challenge, climbing

PUT THE WORDS IN THE RIGHT ORDER

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

1. 30-minute A about battle cancer documentary her with .

2. a cancer for Money charity raised was .

3. encourage film people others support The to will .

4. diagnosis help hopes navigate others Princess The to .

5. after and during diagnosis life of quality The .

6. about candidly emotional impact Kate spoke the .

7. A a diagnosis deeper part shifts to what .

8. differently healing involved learning live said She to .

9. helped her nature recovery She revealed that .

10. bed hospital I imagined my nature from .

CIRCLE THE CORRECT WORD (20 PAIRS)

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

Britain's Kate Middleton, Princess of Wales, has spoken *openly / open* in a 30-minute documentary about her battle *with / within* cancer. The film is called Heal. It follows Kate as she completes the Three Peaks Challenge, *climbing / climbed* the highest mountains in England, Scotland, and Wales within 24 hours. During the challenging climbs, money was *arisen / raised* for a cancer charity that is *close / closely* to her heart. Kate hopes the film will encourage people to support *other / others* facing life-threatening illness. A royal official said: "The Princess *hopes / hoping* to help others navigate diagnosis, recovery and life beyond cancer and transform *access / excess* to holistic cancer care which supports *being / wellbeing*, resilience and quality of life during and *after / later* diagnosis."

On / In the documentary, Kate spoke *candidly / candid* about the emotional and physical impact *to / of* cancer. She announced her diagnosis in March 2024 and disclosed that she was *in / of* remission in January 2025. She said: "Cancer does change you. It changes your body, it changes you *physique / physically*, but there's a much, much deeper part to *what / which* a cancer diagnosis shifts in you." Kate described her hospital experience as a dark, scary and disorientating *times / time*. She explained that healing involved learning to live *different / differently* and finding hope despite uncertainty. She revealed that *natural / nature* helped her recovery. She said: "Even when I physically couldn't get *onto / into* nature, I imagined nature from my hospital bed."

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

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

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

Br_t__n's K_t_ M_ddl_t_n, Pr_nc_ss _f W_l_s, h_s sp_k_n _p_nly _n _ 30-m_n_t_ d_c_m_nt_ry _b__t h_r b_ttl_ w_th c_nc_r. Th_ f_lm _s c_ll_d H__l. _t f_ll_ws K_t_ _s sh_ c_mpl_t_s th_ Thr__ P__ks Ch_ll_ng_, cl_mb_ng th_ h_gh_st m__nt__ns _n _ngl_nd, Sc_tl_nd, _nd W_l_s w_th_n 24 h__rs. D_r_ng th_ ch_ll_ng_ng cl_mbs, m_n_y w_s r__s_d f_r _ c_nc_r ch_r_ty th_t _s cl_s_ t_ h_r h__rt. K_t_ h_p_s th_ f_lm w_ll _nc__r_g_ p__pl_ t_ s_pp_rt _th_rs f_c_ng l_f_-thr__t_n_ng _lln_ss. _ r_y_l _ff_c__l s__d: "Th_ Pr_nc_ss h_p_s t_ h_lp _th_rs n_v_g_t_ d__gn_s_s, r_c_v_ry _nd l_f_ b_y_nd c_nc_r _nd tr_nsf_rm _cc_ss t_ h_l_st_c c_nc_r c_r_ wh_ch s_pp_rts w_llb__ng, r_s_l__nc_ _nd q__l_ty _f l_f_ d_r_ng _nd _ft_r d__gn_s_s."

_n th_ d_c_m_nt_ry, K_t_ sp_k_ c_nd_dly _b__t th_ _m_t__n_l _nd phys_c_l _mp_ct _f c_nc_r. Sh_ _nn__nc_d h_r d__gn_s_s _n M_rch 2024 _nd d_scl_s_d th_t sh_ w_s _n r_m_ss__n _n J_n__ry 2025. Sh_ s__d: "C_nc_r d__s ch_ng_ y__. _t ch_ng_s y__r b_dy, _t ch_ng_s y__ phys_c_lly, b_t th_r_'s _ m_ch, m_ch d__p_r p_rt t_ wh_t _ c_nc_r d__gn_s_s sh_fts _n y__." K_t_ d_scr_b_d h_r h_sp_t_l _xp_r__nc_ _s _ d_rk, sc_ry _nd d_s_r__nt_t_ng t_m_. Sh_ _xpl__n_d th_t h__l_ng _nv_lv_d l__rn_ng t_ l_v_ d_ff_r_ntly _nd f_nd_ng h_p_ d_sp_t_ _nc_rt__nty. Sh_ r_v__l_d th_t n_t_r_ h_lp_d h_r r_c_v_ry. Sh_ s__d: "_v_n wh_n _ phys_c_lly c__ldn't g_t _nt_ n_t_r_, _ _m_g_n_d n_t_r_ fr_m my h_sp_t_l b_d."

PUNCTUATE THE TEXT AND ADD CAPITALS

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

britains kate middleton princess of wales has spoken openly in a 30minute documentary about her battle with cancer the film is called heal it follows kate as she completes the three peaks challenge climbing the highest mountains in england scotland and wales within 24 hours during the challenging climbs money was raised for a cancer charity that is close to her heart kate hopes the film will encourage people to support others facing lifethreatening illness a royal official said the princess hopes to help others navigate diagnosis recovery and life beyond cancer and transform access to holistic cancer care which supports wellbeing resilience and quality of life during and after diagnosis

in the documentary kate spoke candidly about the emotional and physical impact of cancer she announced her diagnosis in march 2024 and disclosed that she was in remission in january 2025 she said cancer does change you it changes your body it changes you physically but theres a much much deeper part to what a cancer diagnosis shifts in you kate described her hospital experience as a dark scary and disorientating time she explained that healing involved learning to live differently and finding hope despite uncertainty she revealed that nature helped her recovery she said even when i physically couldnt get into nature i imagined nature from my hospital bed

PUT A SLASH (/) WHERE THE SPACES ARE

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

Britain'sKateMiddleton,PrincessofWales,hasspokenopenlyina30-minutedocumentaryaboutherbattlewithcancer.ThefilmiscalledHeal.ItfollowsKateasshecompletestheThreePeaksChallenge,climbingthehighestmountainsinEngland,Scotland,andWaleswithin24hours.Duringthechallengingclimbs,moneywasraisedforacancercharitythatisclosetoherheart.Katehopesthefilmwillencouragepeopletosupportothersfacinglife-threateningillness.Aroyalofficialsaid:"ThePrincesshopestohelpothersnavigatediagnosis,recoveryandlifebeyondcancerandtransformaccesstoholisticcancercarewhichsupportswellbeing,resilienceandqualityoflifeduringandafterdiagnosis."Inthedocumentary,Katespokecandidlyabouttheemotionalandphysicalimpactofcancer.Sheannouncedherdiagnosisin March2024anddisclosedthatshewasinremissioninJanuary2025.Shesaid:"Cancerdoeschangeyou.Itchangesyourbody,itchangesyouphysically,butthere'samuch,muchdeeperparttowhatacancerdiagnosisshiftsinyou."Katedescribedherhospitalexperienceasadark,scaryanddisorientatingtime.Sheexplainedthathealing involvedlearningtolivedifferentlyandfindinghopedespiteuncertainty.Sherevealedthatnaturehelpedherrecovery.Shesaid:"EvenwhenIphysicallycouldn'tgetintonature,Iimaginednaturefrommyhospitalbed."

FREE WRITING

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

Write about **healing** for 10 minutes. Comment on your partner's paper.

ACADEMIC WRITING

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer.html

Speaking openly about illnesses is very important. Discuss.

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. HEALING: Make a poster about healing. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SPEAKING OPENLY: Write a magazine article about the benefits of speaking openly about illnesses. 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 healing. Ask him/her three questions about it. Give him/her three of your ideas on how we can recover from serious illnesses. 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.	c	3.	b	4.	f	5.	a	6.	g	7.	d
8.	n	9.	h	10.	k	11.	m	12.	i	13.	l	14.	j

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. Heal
2. 24 hours
3. A cancer charity
4. People facing life-threatening illness
5. Holistic cancer care
6. March 2024
7. It changes you
8. Disorientating
9. Hope
10. Nature

WORDS IN THE RIGHT ORDER (p.19)

1. A 30-minute documentary about her battle with cancer.
2. Money was raised for a cancer charity.
3. The film will encourage people to support others.
4. The Princess hopes to help others navigate diagnosis.
5. The quality of life during and after diagnosis.
6. Kate spoke candidly about the emotional impact.
7. A deeper part to what a diagnosis shifts.
8. She said healing involved learning to live differently.
9. She revealed that nature helped her recovery.
10. I imagined nature from my hospital bed.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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