

## THEME 5 PSYCHOLOGY LISTENING SKILL (NOTIFIER)

### A. Listen and list the suggestions used to change mood. (Tapescript 5.2)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### B. Mike and Kate are talking to each other about their dad's birthday present. Listen and write the phrases in the gaps. (Tapescript 5.1. Workbook)

**Kate :** On Friday, it's dad's birthday. \_\_\_\_\_ for him?

**Mike :** I think we should go out and buy him a shirt as a present.

**Kate :** \_\_\_\_\_ that is a good idea. He already has a lot of shirts.

**Mike :** That's right. Why don't we take him to a football match then? He'd feel happy.

**Kate :** \_\_\_\_\_ about that. The tickets would be rather costly. \_\_\_\_\_ making him a birthday cake and celebrating at home instead?

**Mike :** That's not a good idea. You know, both of us are bad at cooking. What do you think about buying him a watch?

**Kate :** \_\_\_\_\_. He doesn't have a watch. Let's go to the mall and buy one this afternoon.

**Mike :** That's great. Let's do that.

## **Tapescript 5.2**

**Martin :** Hey, Susan, you look upset.

**Susan :** I can't say I'm upset, but I'm not in a good mood. I think it's about the weather. When it's dark outside, I feel down.

**Linda :** That's natural. Darkness helps release of melatonin, which tells the body to sleep. We must get rid of this first. Let's grab a cup of coffee.

**Martin :** That's nice, and why don't we listen to some upbeat music after coffee? It will cause a boost in our mood.

**Linda :** OK, guys, go ahead! If coffee and music do not work out, I suggest watching a short funny video.

**Tommie :** Oh, great suggestions, and one from me, Susan; when it's dark and you are down, you should exercise.

## **Tapescript 5.1. Workbook**

**Kate:** On Friday, it's dad's birthday. What shall we do for him?

**Mike :** I think we should go out and buy him a shirt as a present.

**Kate :** I don't think that is a good idea. He already has a lot of shirts.

**Mike :** That's right. Why don't we take him to a football match then? He'd feel happy.

**Kate :** I'm not sure about that. The tickets would be rather costly. How about making him a birthday cake and celebrating at home instead?

**Mike :** That's not a good idea. You know, both of us are bad at cooking. What do you think about buying him a watch?

**Kate :** That sounds good. He doesn't have a watch. Let's go to the mall and buy one this afternoon.

**Mike :** That's great. Let's do that.