

Фрагмент урока по теме “Breaking the ice”
(«Сломать барьер» - из раздела «Социализация»)

8 класс

из опыта работы

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Учащимся предлагается работа с текстом в формате ВПР. Дается задание прочитать текст и отметить предложения как «правда», «ложь» или «не сказано». Слова, выделенные жирным шрифтом, записываются в словарь для заучивания. В тексте описываются разные жизненные ситуации, когда ученику трудно подойти к новенькому в классе и познакомиться, когда парень в парке делает потрясающие трюки на скейте и хочется спросить, как он это делает, но ты просто не знаешь, как подойти и начать дружескую беседу. Это и означает «сломать барьер». Дается определение термину. И причина всему этому – ты не знаешь реакцию того человека, говорится в нижеприведенном тексте.

Задание: Read the text and mark the sentences 1-7 T (True), F (False) or DS (Doesn't say). Read some tips.

The new girl in your class seems very interesting and you would like to get to know her better. The guy at the skate park does some amazing tricks and you would like him to show you how. But, whenever the **opportunity** to talk to them comes up, you can't think of anything to say. Your palms sweat, you blush and look away.

Whether you are starting a new school, going to a party, where you don't know anyone, or want to **approach** a person you **fancy**. You often need to **break the ice** in order to start a friendly **conversation**.

Breaking the ice means saying or doing something to **stop feeling** shy or **uncomfortable** around someone you don't know very well. The reason you **feel this way** is that you don't know how the other person will react, but don't let it **get you down**.

You shouldn't worry. Almost everyone feels uncomfortable when they **first meet other people**. If you feel this way, the following **tips** can help you out.

Даются советы как вести себя в подобных ситуациях.

***Smile!** When you smile, people think you are friendly and **easy to talk to**. They are also very likely to smile back and help you feel more **comfortable** about starting a conversation.

***Develop passions!** The best way to have interesting conversation is to be an interesting person. Get involved in activities and talk about them. **Make sure** you have something to add to a conversation.

*Be positive! Everybody likes to be around happy people. Try to always **look on the bright side of life** and to see something positive even in negative situations. People will enjoy your positive energy and **benefit from it**. Also, be confident. If you like yourself, others will probably like you too.

*Be a good listener: **Develop** listening skills. Don't **take over the conversation** and don't only speak about yourself. Ask other people questions about themselves too. This way they'll know you're interested in them.

*Get out there: Don't **avoid** being around new people just because you feel uncomfortable. If you **stay in a situation**, you'll get used to it. **It's not easy**, but **it's worth it**. After all, the other person may want to talk to you as well.

1. Breaking the ice means saying or doing something to start feeling relaxed with a new person. (T)
2. People feel uncomfortable when meeting someone new because they cannot predict their reactions. (T)
3. Some people don't have any passion. (DS)
4. When you meet someone for the first time, it's better to look serious. (F)
5. Confident people don't postpone things. (DS)
6. When you start a conversation, talk a lot about yourself. (F)
7. If you feel uncomfortable with new people, avoid being around them. (F)

После работы с текстом можно затронуть **тему запугивания, издевательства и травли (bullying- булинг)** в школе и как преодолеть эту ситуацию – **сломать барьер**.

Целесообразно рассказать учащимся что такое буллинг (Unfortunately, there are always people that bully those who are weaker and cannot protect themselves. Although in the last few years a lot of attention has been given to this problem, bullying still exists. So people should be aware of the problem and how to deal with it. Tell someone. Don't allow to continue bullying. So bullying is a deliberately unfriendly behavior, an act of intimidating a weaker person to make him or her do something. A bully is someone who hurts or frightens someone who is smaller or less powerful, often forcing them to do something that they don't want to do.)

После этого предложить привести примеры из жизни, начав со слов: "I was being bullied at school ... И обсудить пути решения данной проблемы, записав советы как поступить в подобной ситуации:

*Don't hit back. It will make the matter worse.

*Inform a teacher or parents immediately. Trust them.

*Keep a written record or a diary.