**Level:** B2

**Lesson:** The Importance of Saying “Thank You”

**Text From:** [**https://www.youtube.com/watch?v=2YExcHRUeqE**](https://www.youtube.com/watch?v=2YExcHRUeqE)

**Warm Up**

* Do you consider yourself to be an introvert or an extrovert person? Why?
* Is it easy for you to communicate your feelings and emotions?

**1. Vocabulary**

**1.1. Verbs & Verb Phrases**

* praise /preɪz/: express admiration or warm approval for something or someone
* get interested in (something).: show interest toward (something) [Spanish: *interesarse por (algo)*]
* notice: become aware of [Spanish: *notar, darse cuenta*]
* face (s.th.): deal with (something) [Spanish: *enfrentar (algo)*]
* long for s.th.: strongly desire [Spanish: *ahnelar*]
* take responsibility for s.th.: to blame oneself for something; to acknowledge a fault. [Spanish: *asumir la responsabilidad*]

**1.2. Nouns**

* core /koor/: the central or most important part of something. [Spanish: *tronco, núcleo*]
* chore /chor/: a routine task, especially a household one. [Spanish: *faena*]
* facility /fa-SI-li-ri/: a place with a particular purpose [Spanish: *institución, centro*]
* breadwinner (of the family): a person who earns money to support a family [Spanish: el sostén de la familia)
* data /DA-ra/ or /DEI-ra/: facts and statistics [Spanish: *datos*]

**1.3. Adjectives**

* genuine /ˈYYE-nuɪn/: authentic
* fortunate /FOR-chu-net/: lucky
* critical /KRI-rɪ-kal/: very important, crucial.

**2. Comprehension**

**2.1. General Comprehension**

**Question:** Generally speaking, what is the presentation about?

**A.** The importance of showing appreciation and praising genuinely.

**B.** The importance of teaching our children to be appreciative

**C.** The importance of studying our emotion deeply.

**2.2. Specific Comprehension**

**Directions:** After watching the lesson video, say whether the following information is true or false.

**a)** At some point of her life, the author felt embarrassed about her need to thank and praise people.

**b)** The author works as a family therapist, thus being in contact with different people’s emotions.

**c)** The author does not support the idea of asking our family to recognize what we do right.

**d)** The author thinks that people get too weak when they expose their feelings, reason why we should avoid extroverting them.

**e)** For the author, world peace begins just at home.

**f)** At the end of the lecture, the author challenges people to change their perspective and start thanking their beloved people.

**3. Pronunciation Practice (10 min)**

*Hi. I'm here to talk to you about the importance of praise, admiration and “thank you”, and having it be specific and genuine.*

*And the way I got interested in this was, I noticed in myself, when I was growing up, and until about a few years ago, that I would want to say thank you to someone, I would want to praise them, I would want to take in their praise of me and I'd just stop it. And I asked myself, why? I felt shy, I felt embarrassed. And then my question became, am I the only one who does this? So, I decided to investigate.*

*I'm fortunate enough to work in the rehab facility, so I get to see people who are facing life and death with addiction. And sometimes it comes down to something as simple as, their core wound is their father died without ever saying he's proud of them. But then, they hear from all the family and friends that the father told everybody else that he was proud of him, but he never told the son. It's because he didn't know that his son needed to hear it.*

*So, my question is: why don't we ask for the things that we need? I know a gentleman, married for 25 years, who's longing to hear his wife say, "Thank you for being the breadwinner, so I can stay home with the kids," but won't ask. I know a woman who's good at this. She, once a week, meets with her husband and says, "I'd really like you to thank me for all these things I did in the house and with the kids." And he goes, "Oh, this is great, this is great." And praise really does have to be genuine, but she takes responsibility for that. And a friend of mine, April, who I've had since kindergarten, she thanks her children for doing their chores. And she said, "Why wouldn't I thank it, even though they're supposed to do it?"*

*So, the question is, why was I blocking it? Why were other people blocking it? Why can I say, "I'll take my steak medium rare, I need size six shoes," but I won't say, "Would you praise me this way?" And it's because I'm giving you critical data about me. I'm telling you where I'm insecure. I'm telling you where I need your help. And I'm treating you, my inner circle, like you're the enemy. Because what can you do with that data? You could neglect me. You could abuse it. Or you could actually meet my need.*

*And I took my bike into the bike store* –*I love this*– *same bike, and they'd do something called "truing" the wheels. The guy said, "You know, when you true the wheels, it's going to make the bike so much better." I get the same bike back, and they've taken all the little warps out of those same wheels I've had for two and a half years, and my bike is like new. So, I'm going to challenge all of you. I want you to true your wheels: be honest about the praise that you need to hear. What do you need to hear? Go home to your wife* –*go ask her, what does she need? Go home to your husband -- what does he need? Go home and ask those questions, and then help the people around you.*

*And it's simple. And why should we care about this? We talk about world peace. How can we have world peace with different cultures, different languages? I think it starts household by household, under the same roof. So, let's make it right in our own backyard. And I want to thank all of you in the audience for being great husbands, great mothers, friends, daughters, sons. And maybe somebody's never said that to you, but you've done a really, really good job. And thank you for being here, just showing up and changing the world with your ideas. Thank you.*

**4. Vocabulary: Word Families**

**Directions:** Based on the given definition and mother tongue equivalence, complete the word family chartas in the example.

|  |  |  |
| --- | --- | --- |
| **VERB** | **NOUN** | **ADJ** |
| *thank:*to express someone your feeling of gratitude for a favor or benefit. [Spanish: *agradecer*] | **thanks:** a grateful feeling or acknowledgment of a favor or benefit.  | *thankful:*full of gratitude and relief[Spanish: *agradecido*] |
| **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:**to express admiration or warm approval [Spanish: *elogiar*] | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** the expression of approval or admiration for someone or something. [Spanish: *elogio*] | **praiseworthy**:that deserves praise and admiration [Spanish: *merecedor de elogio*] |
| **admiration:** respect and warm approval for someone or something | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:**regard (an object, quality, or person) with respect or warm approval. [Spanish: *admirar*] | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:**that deserves respect or approval [Spanish: *admirable*] |
| **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:**cause (someone) to feel awkward or ashamed [Spanish: *avergonzar*] | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:**a feeling of self-consciousness, shame or awkwardness. [Spanish: verguenza, pena] | **embarrassed:**feeling ashamed or awkward[Spanish: *avergonzado, apenado*]  |
| **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** the manner in which someone deals with someone or something. [Spanish: *tratamiento*] | **treat:** deal with something in a certain way [Spanish: *tratar*] | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:** that is treated badly or unfairly [Spanish: *maltratado*]. |

**5. Grammar in Context**

**5.1. Relative Clauses**

**Directions:** Identify the relative clauses in these statements.Then, say whether they are:

* modifying a noun (adjective clause)
* the object of a verb (noun clause)
1. *Am I the only one who does this?*

**Answer:** *This is an adjective clause modifying pronoun “one”*

1. *I get to see people who are facing life and death with addiction.*
2. *They hear from all the family and friends that the father told everybody else that he was proud of him.*
3. *He didn't know that his son needed to hear it.*
4. *Why don't we ask for the things that we need?*
5. *I know a gentleman who's longing to hear his wife say: "Thank you for being the breadwinner”*
6. *I know a woman who's good at this.*
7. *And a friend of mine, April, who I've had since kindergarten, she thanks her children for doing their chores.*

**5.2. Gerunds**

**Directions:** Identify the gerund forms in the following statements. Then, explain their use. The first example has been done for you.

1. *I'm here to talk to you about the importance of praise (…) and having it be specific and genuine.*

**Answer:** As English grammar establishes, the gerund form “having” is being used here as the object of a preposition (the importance *of having*…)

1. *I noticed in myself, when I was growing up, that I would want to say thank you to someone.*
2. *I get to see people who are facing life and death with addiction.*
3. *Their father died without ever saying he's proud of them.*
4. *I know a gentleman, married for 25 years, who's longing to hear his wife say,*
5. *"Thank you for being the breadwinner, so I can stay home with the kids,"*
6. *So, the question is, why was I blocking it?*
7. *And it's because I'm giving you critical data about me.*

**5.3. Modals**

**Directions:** Identify the modal verb in the following sentences. Then, explain their meaning according to the context:

1. *I noticed in myself, when I was growing up, and until about a few years ago, that I would want to say thank you to someone, I would want to praise them, I would want to take in their praise of me and I'd just stop it.*

**Answer:** Here modal verb “would” is expressing repeated actions in the past. [would want = *deseaba*]

1. *Why can I say, "I'll take my steak medium rare, I need size six shoes," but I won't say, "Would you praise me this way?"*
2. *Because what can you do with that data? You could neglect me. You could abuse it. Or you could actually meet my need.*
3. *And it's simple. And why should we care about this? We talk about world peace. How can we have world peace with different cultures, different languages?*

**6. Speaking: Expressing Agreement or Disagreement**

**Directions:** Express your points of view in regards to the following statements. Do you agree with the author’s opinions?

1. *So, my question is: why don't we ask for the things that we need? I know a gentleman, married for 25 years, who's longing to hear his wife say, "Thank you for being the breadwinner, so I can stay home with the kids," but won't ask.*

**Ice breaker:** Do you agree we should freely ask our closer circle of family and friends for the things we long to hear?

1. *And a friend of mine, April, who I've had since kindergarten, she thanks her children for doing their chores. And she said, "Why wouldn't I thank it, even though they're supposed to do it?"*

**Ice breaker:** Do you agree we should thank our children even for doing what they are supposed to do?

1. *So, the question is, why was I blocking it? Why were other people blocking it? Why can I say, "I'll take my steak medium rare, I need size six shoes," but I won't say, "Would you praise me this way?" And it's because I'm giving you critical data about me. I'm telling you where I'm insecure. I'm telling you where I need your help. And I'm treating you, my inner circle, like you're the enemy. Because what can you do with that data? You could neglect me. You could abuse it. Or you could actually meet my need.*

**Ice braker:** Do you think that communicating our emotional needs to our beloved ones makes us weaker or actually happier?

1. *And I took my bike into the bike store –I love this– same bike, and they'd do something called "truing" the wheels. The guy said, "You know, when you true the wheels, it's going to make the bike so much better." I get the same bike back, and they've taken all the little warps out of those same wheels I've had for two and a half years, and my bike is like new. So, I'm going to challenge all of you. I want you to true your wheels: be honest about the praise that you need to hear. What do you need to hear? Go home to your wife -- go ask her, what does she need? Go home to your husband -- what does he need? Go home and ask those questions, and then help the people around you.*

**Ice breaker:** Do you agree with the idea of “truing one’s wheels**”** in the sense of“being honest about our emotional needs?”

1. *And it's simple. And why should we care about this? We talk about world peace. How can we have world peace with different cultures, different languages? I think it starts household by household, under the same roof. So, let's make it right in our own backyard.*

**Ice breaker:** Do you agree with the idea that world peace starts in our household? Elaborate your answer.

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