A Day Well Spent

EAE Learning objectives for this lesson

Practice intonation and stress. Practice using phrasal verbs. Learn expressions for giving your opinion. Get to know some famous poems in English.

Activity One: How would you define a day well spent? Tell your partner.

Activity Two - Using Intonation in English. Read the information about intonation and stress. Then read the poem- take turns to read each two sentences with the correct intonation and stress.

Have you noticed that English native speakers stress the important words in a sentence by saying them louder or more slowly? Have you also noticed that we sometimes say some words, the less important ones, quietly or very quickly so that it's hard for you to hear them? This is how we use intonation. We use 'pitch' also, the rising and falling tone of our voice, to highlight an important word and to show the beginning (rising) and ending (falling) of a sentence or idea.

A day well spent - *by George Eliot*

If you sit down at set of sun
And count the deeds that you have done,
And, counting, find
One self-denying act, one word that eased the heart of him that heard;
One glance most kind, which felt like sunshine where it went,
Then you may count that day well spent.



But if through, all the livelong day
You've eased no heart by yea or nay,
If through it all you've nothing done that you can trace
That brought the sunshine to one face,
No act most small that helped some soul and nothing cost,
Then count that day as worse than lost.

Activity Three - Definitions race.

In two teams try to find definitions for the following words and expressions as fast as you can. Faster than the other team.

at set of sun	**self-denial**	**a glance**	**cheer**	**to trace**
an act	**to ease**	**to cheer**	**through**	**a soul**

Activity Four - Let it shine - **answer the questions** with your ***partner***.

1. How does the sun help us define the length of the day?
2. How does sunshine make you feel?
3. What words does the poet use that relate to the real sun in the sky?
4. Where is sunshine used as a simile in the poem?
5. Where is the sun used as a metaphor in the poem?
6. Why did the poet use the sun as the main image of the poem?
7. What is the first thing that you do at sun rise?
8. What do you usually think about as the sun sets in the evening?

Activity Five - Let it shine - answer the questions with your partner.

In two teams choose the correct definition of the word or phrase as used in the poem. Your teacher will ask someone from each team to find the correct definition - if they hesitate or are wrong them the other team will get double points! Let's see which team wins! (PLEASE DO NOT PREPARE THIS AT HOME).



a. If you sit down at set of sun

1. In the morning 2. in the afternoon 3. in the evening

b. And count the acts that you have done,

1. things 2. performances 3. mistakes

c. One self-denying deed,

1. self- help 2. self-made 3. self-sacrifice

d. One self-denying deed,

1. promise 2. action 3. contract

e. That eased the heart of him who heard,

1. soothed 2. prepared 3. simplified

f. One glance most kind

1. act 2. sight 3. look

g. You've cheered no heart

1. enjoyed 2. made happy 3. yelled

h. through all the livelong day,

1. during 2. after 3. finished

i. nothing done that you can trace

1. draw 2. find 3. copy

j. That helped some soul

1. foot 2. heart 3. person



*

Source CTDL Workpages.

Activity Six - Random acts of kindness.



In the George Elliot poem, written in a time of great social divide, the main message is that a day well spent should be filled with acts of kindness to other people, including strangers. As a group, in all honesty, how many of you defines a good day as a day being good to other people? As a society do you think that we are selfish in general? Do you think that we help others enough? Give your opinions using these words to introduce your point of view :

In my opinion	**From my perspective**	**Obviously**
To my mind	**In my point of view**	**Basically**
The way I see it is that..	**It seems to me that**	**Ultimately**
In my experience	**It seems obvious that**	**Clearly**
In my view	**It seems clear that**	

Activity Seven - Phrasal Verb Goodness… Remember those phrasal verbs - verb and preposition combinations which create new meaning… Let's have some fun with these **Quick questions and answers -** again in your ***teams*** here's a new quick challenge. Let's see if you can say which of the following phrasal verbs is linked to doing something good for other people and which is not:

Ask someone out	**Come forward to help with something**
Back someone up	**Fall out with someone**
Bring someone down	**Get away with something**
Bring someone up	**Give something away**
Call on someone	**Hand something out**
Cheer someone up	**Look after someone**
Say that someone can count on you	**Warm someone up**

Activity Eight - **Act it out -** with a new partner choose a phrasal verb from above and act out a scene in which you demonstrate some kindness and then go home and think that you have spent your time well. Then act out the very same situation where you are selfish in the situation and go home and regret it. You can act out the selfish situation first if you prefer.

For example **-** *You see someone you know and say hello. You tell them that they look tired which brings them down. They explain that they have been going through a difficult time and as you are*

in a hurry you just quickly say that you have to go instead of trying to cheer them up, or have a coffee with them or ask them what has been happening.

Activity Nine - **Decision Time**. - Let's read another famous poem now, this time about someone who regrets a decision made, a road not taken. Take turns reading and pay attention again to your intonation and stress.



The Road Not Taken - By Robert Frost.

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

Activity Ten - One person in the group will try to make a choice about the best 'path to take' or the best thing to do. The others have to give their opinions using the expressions from activity six to try and pursue them to take one path or the other… Let's see which team is the most persuasive! Take turns being the person with the decision to make.

A. You can't decide if you should go home now or go to the pub after work.
B. You are trying to decide if you should ask your girlfriend to marry you or not.
C. You are trying to decide if you will go home for Christmas or go to India on holiday.
D. You know you should go and visit your Grandparents on Sunday but you really want to go out for the day with your friends.



