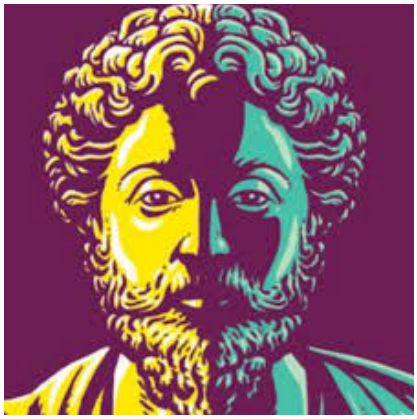
STOICISM

EAE Learning objectives for this lesson

Practice with the past tenses.Discussion and opinions..
Comprehension activities. Learn new expressions.

Activity One: Ask and Answer



1. ***Do you try to face challenges with integrity?***
2. ***Are you good at self control?***
3. ***Do you try to take a step back instead of having emotional reactions?***
4. ***Do you agree that there's no point in worrying about what you can't control?***
5. ***What does keep calm and carry on mean to you?***

Activity Two: Stoicism - Video Comprehension

Watch the first four minutes of the video and answer the following questions:

https://www.youtube.com/watch?v=wH6dSe_dYgM
Epictetus - How To Be A Stoic (Stoicism)



1. What do we have control over?
2. How do the stoics see the world?
3. What is courage according the stoics?
4. Who has been influenced by stoicism?
5. What should you ask about an impression or initial reaction?
6. What should you avoid?
7. What should you do if something is beyond your control?
8. Why should be appreciate what we have now?

Activity Three - Past tense practice

1. Give an example of each of the following tenses, try to link your examples to the ideas explained in the video from activity two.
   - **past simple**
   - **present prefect**
   - **past perfect**
   - **past continuous**

2. Change the verbs in the text to the correct past tenses **(past simple / present prefect / past perfect)**

3. Then answer the comprehension questions below the text.

Source (https://dailystoic.com/what-is-stoicism-a-definition-3-stoic-exercises-to-get-you-started/)

Stoicism - what was it?

Stoicism (to be founded) in Athens by Zeno of Citium in the early 3rd century BC, but (to be) famously practiced by the likes of Epictetus, Seneca and Marcus Aurelius. The philosophy asserts that virtues such as wisdom, happiness and judgment should be based on behavior, rather than words. That we don't control and cannot rely on external events, only ourselves and our responses.

Stoicism has just a few central teachings. It sets out to remind us of how unpredictable the world can be. How brief our moment of life is. How to be steadfast, and strong, and in control of yourself. And finally, that the source of our dissatisfaction lies in our impulsive dependency on our reflexive senses rather than logic.

Stoicism doesn't concern itself with complicated theories about the world, but with helping us overcome destructive emotions and act on what can be acted upon. It's built for action, not endless debate.

It (to have) three principal leaders. Marcus Aurelius, the emperor of the Roman Empire, the most powerful man on earth, (to sit) down each day to write himself notes about restraint, compassion and humility. Epictetus (to endure) the horrors of slavery to found his own school where he (to teach) many of Rome's greatest minds. Seneca, when Nero (to turn) on him and (to demand) his suicide, could think only of comforting his wife and friends.

But it is not only those three—Stoicism (to practice) by kings, presidents, artists, writers and entrepreneurs. Both historical and modern men illustrate Stoicism as a way of life.

Prussian King, Frederick the Great, (to say – passive) to ride with the works of the Stoics in his saddlebags because they (can), in his words, "sustain you in misfortune". Meanwhile, Montaigne, the politician and essayist, (to have) a line from Epictetus carved into the beam above the study in which he (to spend) most of his time.

The economist Adam Smith's theories on the interconnectedness of the world—capitalism—were significantly influenced by the Stoicism that he (to study) as a schoolboy, under a teacher who (to translate) Marcus Aurelius' works.

Questions

1. Where was Stoicism founded?
2. Who was the most powerful man on Earth?
3. Who were the three principle leaders?
4. Who has also practiced Stoicism in their life other than the three principle leaders?
5. What was carved into the beam in Montaigne's study?



Activity Four: Idiomatic Expressions

Idiomatic expressions and proverbs: Use each of the following expressions in a sentence.

Expressions =

i. To put on a brave face
ii. To put on a brave front
iii. To have a stiff upper lip
iv. To look at the bright side of life
v. Keep your chin up
vi. Stay strong



Definitions =

A. To appear or make oneself seem more courageous, resolute, or dauntless than one really feels.
B. To deal with a difficult situation cheerfully
C. To display fortitude in the face of adversity
D. To see the positive side of all situations in life
E. Stay positive
F. Be strong even when things are difficult



Activity Five: Quotations

What do you think about the quotations below and which do you relate to the most?

- "When you arise in the morning think of what a privilege it is to be alive, to think, to enjoy, to love …"~ Marcus Aurelius
- "You don't develop courage by being happy in your relationships everyday. You develop it by surviving difficult times and challenging adversity."~ Epicurus
- "We suffer more often in imagination than in reality."~ L. A. Seneca
- "There is no genius without a touch of madness."~ L. A. Seneca

Activity Six: Comprehension activity - Song.



Listen to the song and answer the questions:

'Don't mess with mister in between'.

https://www.youtube.com/watch?v=5Qk9o_ZeR7s

1. What should you accentuate?
2. Which biblical characters were mentioned and why?
3. What does the verb 'to latch onto mean' and what does the noun 'latch' mean?
4. What should you spread?
5. What is gloom and what does the song say about it?



Activity Seven: Reading: How Stoicism helps you to learn English.

Stoicism teaches us to prepare for the worst while hoping for the best. When you are learning English this can help you. For example if you are worried about not understanding a question that someone might ask you during an important meeting or preparation, get ready for that situation. Learn expressions for asking for clarification or repetition as well as preparing your meeting.

Stoics forced themselves to be used to uncomfortable situations. They did this so that they could always be prepared for hardship. In language learning it's also essential to understand that you cannot stay in your comfort zone if you want to learn. Every time you feel uncomfortable you are in fact learning! The more you challenge yourself the more you learn through trial and error.

Stoics used humor as well. They turned tense situations into humor by not taking themselves too seriously. If you are practicing a new language it's a great idea to see the funny side of the situation and the more relaxed you are the more you will learn.

One of the most important principles of stoicism is the idea that one should only be concerned with what one can control. This is an idea which can be applied to language learning as well, in more than one way. The English language contains more words than any individual could use and contains more expressions than you could ever learn in a lifetime. Therefore it's best to have objectives and learn what you actually need. By learning vocabulary and expressions that you are most likely to use again and again you can increase your feeling of achievement and satisfaction and also be in control of the situations your are faced with when you have to speak English. Furthermore you will be able to acquire the new knowledge easily because you will use it repeatedly. So, don't concern yourself with what you don't know, concentrate on what you do know!

Being a stoic can really help you to be a better English learner!

Activity Eight: Stoic situations - Rôle Plays.

A. You get home and as soon as you arrive you start complaining about your day. Your wife/ husband sits you down with a glass of wine and tells you that you should adopt a more stoic attitude!

B. You tell your husband/wife that you have decided to go and live in a cave for a few months in order to experience hardship and appreciate the simple things in life more.

C. Your friend has had a bad experience and tells you about it. It is very dramatic and most people would be complaining, but your friend is very philosophical. They explain what happened and how they manage to be stoical!



