

TUTORING ENGLISH AS A SECOND LANGUAGE

Tutorat par les pairs en anglais langue seconde



Seeking Discomfort

Speaking Lessons



2022

Québec 

STEP 1: Assessment

- What does the title of the speaking lesson mean?
- Have you watched the video “*YOU Can Change YOUR LIFE For \$0*” from Yes Theory, the worldwide YouTube community that promotes “seeking discomfort”?



STEP 2: Theory

Take turns asking each other the following questions.

1. Have you ever done an activity that took you out of your **comfort zone**? How did you feel?
2. Do you think **stepping out** of your comfort zone is important?
3. Did you ever **overcome** a **fear**?
4. What are some of your biggest **insecurities**?
5. Did you ever **fail** at anything?
6. Are you scared of **failure**?
7. Do you think it is **worth** it to step out of your comfort zone?
8. Did you ever **challenge** yourself to try something new?
9. Do you think you will have any regrets on your **deathbed**?
10. Do you have a morning **routine**? If so, what is it?
11. What is your **dream job**?
12. Is **money** essential to live a happy life?



STEP 3: Controlled and Communicative Exercises

- You are going to watch a video called “*YOU Can Change YOUR LIFE for \$0*”.

What do you think the video is going to be about?

Exercise 1: Watch the beginning of the following video by Yes Theory (from 0:00 to 0:55)

<https://youtu.be/WjEkxGxbKKM>

Exercise 2: Then, answer the following questions:

1. What was the biggest regret of people lying in their deathbed?
2. Does routine make time go by faster? Are you scared that your days might become repetitive if you stick to a routine?
3. Take a look at the image below. After watching the beginning of the video and based on what you see on the picture, what do you think the second part of the video is going to be about?

Exercise 3: Watch the rest of the video (from 0:55 to 4:48):

<https://youtu.be/WjEkxGxbKKM>



TUTORING ENGLISH AS A SECOND LANGUAGE: SEEKING DISCOMFORT

1. Is it beneficial to challenge yourself by doing something uncomfortable? Why?
2. What did the people from Yes Theory do to pursue what they love? Would you be willing to move to another country to get your dream job?
3. Do you need a lot of money to live a great life according to Yes Theory? Do you agree with them?
4. In this video, Yes Theory suggested some activities you could do to step out of your comfort zone : going on a trip with no planning, greeting strangers at the airport, standing up for what you believe in, performing a skill you just learned, sharing your biggest insecurity with strangers and telling a bad joke in public. Which activity interests you the most, and why?

STEP 4: Production Task

Exercise 4: You will have to plan an activity that takes you out of your comfort zone with your tutor. Discuss the following points with your tutor :

- a. What makes you uncomfortable? Make a list of small actions that could take you out of your comfort zone. Here are some examples: singing in public, raising your hand in class and go talking to your crush.
- b. Select one action that you would really like to do in real life. Explain to your tutor why you chose this action.
- c. Why does this action take you out of your comfort zone?
- d. What benefits could this activity bring you (e.g. overcoming your fears, becoming more confident, etc.)?

STEP 5: Final Review

- What new vocabulary did you learn?

Important

- Write down the words you learned today and study them.

Tutor Note

- Ask, "how do you say" questions with the new vocabulary the tutee doesn't mention.

Created by Frédéric Pek

1. Yes Theory. (2017, 08,13) . You Can Change Your Life for \$0 . [Video]. YouTube. <https://www.youtube.com/watch?v=WjEkxGxbKKM>