

PDF Worksheet: 'Morning Rituals'

How to use this worksheet: [\(Click here to watch video\)](#)

- The **'Listening Comprehension'** questions are designed to help you *actively* listen to the conversation. Try listening to the video once, without paying attention to the questions in the PDF. Just listen to get used to how the people in the video speak, adjust to their way of speaking, and get an idea of the topic and the views and information expressed in the video. Watch and relax!
- After you have listened to the video once to get an idea of what it is about, read through the **'Listening Comprehension'** questions and see if you can answer any immediately without watching the video again.
- Finally, watch the video a second time and listen for the answers to the **'Listening Comprehension'** questions. Answer any you couldn't answer, and check your answers to the ones you have already answered. Watch the video more than once if you need to, and remember that you can always stop, rewind, and slow the speed *as much as you need to!*
- Print this worksheet and use it to write your answers if you want to, or use a notebook.

- The **'Use Of English'** section is designed to get you thinking more about the language used in the video. In this section you can expect to find questions about synonyms, collocations, and useful expressions. Use a dictionary, or an internet search engine to help you find the answers you need.
- It's helpful to invent your own examples with any new language you learn, so use the space below the questions to practise. This will help you to remember new words.

- The **'Culture Spot'** section is there to help you think about the topic of the video and how the issues discussed may differ from one cultural context to another. Spend some time thinking about any new information you learn here, and how this applies to you, and your life. How does it compare to where you live? Does it make sense to you?
- In order to practise, feel free to use the space below this section to write in English about the information in this section, or your views about it, or your reactions to it.

- The **'Writing'** section is for you to practise your writing skills! Think about the question(s) and write a response in one or two paragraphs. Try to use any new vocabulary you've learnt during this video lesson.
- If you need to, make a draft in your first language in order to organise your thoughts before re-writing (not translating!) into English.
- If you have a teacher, tutor, or someone who usually checks your work, show them all of your answers to each section for their feedback.

You can re-use a listening resource like this one many times over. After you have completed the whole worksheet, try revisiting the video again, a day or two later, to refresh your memory about what you've learnt. Maybe you'll even pick up more from the video next time you watch it! Don't forget to share these resources with any friends or colleagues you have who are also learning English, sign up for our newsletter at www.upskillingforchange.com and follow us on Instagram [@upskillingforchange](https://www.instagram.com/upskillingforchange). We hope you enjoy studying with us!

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Listening Comprehension

- Describe in a few sentences what this discussion is about?
- Who is participating in the discussion and where are they from? What do you know about them from watching the video?
- How old are Hadjer's children?
- What do Abigail and Fiona say about the myth of the typical English, or British, breakfast?
- Fiona says she has some 'pretty strong opinions'. What does she have these strong opinions about?
- What does Abigail say about skipping (not eating) breakfast?

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Use Of English

- Fiona uses the phrase '**to get ahead of the day**'. This means to complete tasks early in your day so that you can be proactive, instead of reactive, for the rest of your working day. Can you find any examples of this online? Can you use it in an original sentence?
- Abigail and Zainab use the phrase '**one size fits all**'. What does this mean? Can you think of any other contexts in which we might use this? Where do you think this phrase originates?
- Fiona says that in the UK "there's not very much **in the way of** uniform culture". What does '**in the way of**' mean here? Can you find any other examples of it online?
- Fiona uses the phrase '**across the board**'. What does this mean? Can you think of 2 other ways of saying the same thing?
- Abigail says "It's a habit that **has changed**, but I kind of wish it **hadn't**." Can you identify the tenses used in this sentence? Why do you think Abigail chose to use these tenses?

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Culture Spot

- Fiona describes the UK, and particularly England, as a '**low context**' culture. [This video](#) explains more about the concept of **high and low context cultures**. After watching the video, reflect on your own cultural context, and think about how it compares to others. Is your own culture relatively high or low context? What reasons can you give for your answer? What communication problems do you think you might encounter when communicating with someone from an opposite culture?

- What cultural 'necessity' related to breakfast does Hadjer ascribe to the influence of **French colonisation of Algeria**? What do you know about the French influence in Algeria? Look online and see if you can find any other examples of how the French colonisation of Algeria has had a lasting cultural impact on the region.

- Why does Hadjer make an exception for Fridays? Why does her routine change on a Friday? What about your week? When are your **working days** and which are your **rest days**? Are there any traditional or religious reasons behind which days are working days and which days are rest days in your culture?

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Writing

- Zainab mentions the '#ThatGirl' hashtag. What can you find out (discover) online about this trend?
Write a few paragraphs outlining the trend, and the positive and negative features and consequences of it.