

10 annoying things people do on Facebook

Speaking worksheet – Intermediate / Upper-Intermediate



WARM-UP

1. What is happening on the picture? What made this girl to feel that way? Do you sometimes get angry with something or someone on the Internet?

2. How difficult is it to put you out of temper? What makes you annoyed about:

- you work
- public transport
- café or restaurants
- people
- politics



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FUNCTIONAL LANGUAGE

1. Look through the phrases for reacting to annoying situation. How do you say them in your language?

- Oh, dear!
- Oh, no!
- Damn!
- I can't believe it!
- Why does this always happen!
- For God's sake!
- Bloody hell!

2. What would you say in the following situations?

- you've spilt coffee on your white blouse just before the important meeting
- you've missed the bus and now you'll definitely be late for work
- you've just realized that it's the third time this week when you've left home without your wallet
- your friend is telling you off for being 5 minutes late for your meeting
- your boss informs you that this month you're getting only a half of your salary

3. Look through the following phrases for talking about annoying things:

- It pisses me off when ...
- It gets under my skin when ...
- It bugs me when ...
- I get so irritated by ...
- I'm mad when ...
- It drives me nuts when ...
- It gets on my nerves when ...



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4. How annoying do you find the following things? Use the phrases from the previous exercise to answer:

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1. Person who has seen your message in Facebook chat but never answered
2. More than 2 persons on a profile picture
3. People who tag themselves at the airport
4. Couples with joint Facebook profile
5. When people take part in quizzes and games then share the results with everyone
6. Facebook games invitation
7. People sharing photos of everything they eat/prepare
8. Selfies in the mirror (in the bathroom)
9. Lovers sharing their love to everybody
10. The million holiday snaps

5. What would you add to this list? Which things from the list above do you sometimes do?

SPEAKING

1. If you feel yourself getting angry, what should you do? Do you have any strategies for coping with anger?

2. Read the list of recommendations on the next page. Discuss for each of them:

- ❖ To what extent does it work for you, or would you like to try it?
- ❖ What are the disadvantages of this recommendation?



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- A. Tell yourself to calm down. Slowly repeat gentle phrases to yourself like “take it easy,” “cool off,” or whatever works for you.
- B. Force yourself to leave the situation. Take a time out, walk away, and avoid coming back too soon. Take a walk or go for a run.
- C. Use visualization to calm down. Close your eyes and picture yourself in your favorite place.
- D. Count to 10 (or 50... or 100) if you feel like you’re about to do or say something harmful. It’s a quick, easy way to separate yourself mentally from the situation.
- E. Splash some cold water on your face.
- F. Slow down and focus on your breathing. Conscious breathing involves taking slow, deep breaths in through your nose, and slowly out through your mouth.
- G. Phone a friend. Do you have a supportive friend or family member who can lend an ear and calm you down?
- H. Try to replace negative, angry thoughts with positive, rational ones. Even if you’re feeling upset, remind yourself that getting angry isn’t going to fix the way that you’re feeling.