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**Level 1** – 3rd September, 2021

## Nike gave workers a week off to de-stress

**FREE** online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-1.html>

Nike gave its office workers a week-long holiday to help them de-stress from worries over the COVID-19 pandemic. The sportswear giant closed its offices so workers could "enjoy additional time off to rest and recover". A senior manager at Nike said: "Our senior leaders are all sending a clear message - take the time to unwind, de-stress and spend time with your loved ones. Do not work." Nike's stores did not close. Store workers worked as usual.

The manager said: "Taking time for rest and recovery is key to performing well and staying sane. This past year has been rough. We're all human and living through a traumatic event." He added that caring for workers would have a positive impact on the company. He said the holiday was to show that Nike cares about mental health. He wrote: "Support your people. It's good business, but it's also the right thing to do."

Sources: <https://finance.yahoo.com/news/nike-closes-offices-one-week-163533653.html>  
<https://www.msn.com/en-us/money/companies/do-not-work-nike-closed-its-corporate-offices-for-a-week-giving-employees-a-break-to-help-them-avoid-burnout/ar-AANUnZF>  
<https://www.theguardian.com/business/2021/aug/31/nike-closes-head-office-bumble-covid-pandemic>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-1.html>

## PARAGRAPH ONE:

- |                          |                 |
|--------------------------|-----------------|
| 1. a week-               | a. loved ones   |
| 2. enjoy additional time | b. leaders      |
| 3. senior                | c. as usual     |
| 4. sending a clear       | d. off          |
| 5. take the time to      | e. not close    |
| 6. spend time with your  | f. message      |
| 7. Nike's stores did     | g. unwind       |
| 8. Store workers worked  | h. long holiday |

## PARAGRAPH TWO:

- |                         |                    |
|-------------------------|--------------------|
| 1. Taking time for rest | a. been rough      |
| 2. key to performing    | b. traumatic event |
| 3. staying              | c. well            |
| 4. This past year has   | d. impact          |
| 5. We're all            | e. thing to do     |
| 6. living through a     | f. sane            |
| 7. have a positive      | g. and recovery    |
| 8. it's also the right  | h. human           |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-1.html>

Nike (1) \_\_\_\_\_ workers a week-long holiday to help them de-stress (2) \_\_\_\_\_ the COVID-19 pandemic. The sportswear (3) \_\_\_\_\_ offices so workers could "enjoy additional time (4) \_\_\_\_\_ and recover". A senior manager at Nike said: "Our senior leaders are all sending (5) \_\_\_\_\_ - take the time to unwind, de-stress and spend time with your loved ones. Do not work." Nike's stores did not close. Store workers (6) \_\_\_\_\_.

The manager said: "Taking time for rest and (7) \_\_\_\_\_ to performing well and staying sane. This past year (8) \_\_\_\_\_. We're all human and living through (9) \_\_\_\_\_." He added that caring for workers would have (10) \_\_\_\_\_ on the company. He said the holiday (11) \_\_\_\_\_ that Nike cares about mental health. He wrote: "Support your people. It's good business, but it's also the (12) \_\_\_\_\_ do."

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-1.html>

Nike gave its office workers a week-long holiday to help them de-stress from worries over the COVID-19 pandemic. The sports wear giant closed its offices so workers could "enjoy additional time off to rest and recover". A senior manager at Nike said: "Our senior leaders are all sending a clear message - take the time to unwind, de-stress and spend time with your loved ones. Do not work. Nike's stores did not close. Store workers worked as usual. The managers said: "Taking time for rest and recovery is key to performing well and staying sane. This past year has been rough. We're all human and living through a traumatic event." He added that caring for workers would have a positive impact on the company. He said the holiday was to show that Nike cares about mental health. He wrote: "Support your people. It's good business, but it's also the right thing to do."

# DE-STRESSING SURVEY

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-4.html>

Write five GOOD questions about de-stressing in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

