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**Level 2** – 3rd September, 2021

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

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<https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-2.html>

### Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 1 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-2.html>

Nike gave its office workers a holiday to help them de-stress from life's worries and the COVID-19 pandemic. The sportswear giant gave its workers a week-long mental health break. It closed its offices so workers could "enjoy additional time off to rest and recover". Nike wants to focus on fighting "burnout". A senior manager at Nike, Matt Marrazzo, 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 are still open and store workers are working as usual.

Mr Marrazzo said Nike was taking the lead in mental health issues. He 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 "will have a positive impact on the culture of work moving forward." Marrazzo said the week off was to show that Nike "can prioritize mental health and still get work done". 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-2.html>

## PARAGRAPH ONE:

- |                              |                        |
|------------------------------|------------------------|
| 1. help them de-stress       | a. to unwind           |
| 2. enjoy additional time     | b. manager at Nike     |
| 3. focus on fighting         | c. as usual            |
| 4. A senior                  | d. from life's worries |
| 5. sending a clear           | e. off                 |
| 6. take the time             | f. open                |
| 7. Nike's stores are still   | g. burnout             |
| 8. store workers are working | h. message             |

## PARAGRAPH TWO:

- |                                            |                       |
|--------------------------------------------|-----------------------|
| 1. taking the lead in mental               | a. rough              |
| 2. recovery is key                         | b. event              |
| 3. staying                                 | c. thing to do        |
| 4. This past year has been                 | d. to performing well |
| 5. living through a traumatic              | e. impact             |
| 6. caring for workers will have a positive | f. business           |
| 7. It's good                               | g. health issues      |
| 8. it's also the right                     | h. sane               |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-2.html>

Nike gave its office workers a (1) \_\_\_\_\_ them de-stress from life's worries and the COVID-19 pandemic. The sportswear (2) \_\_\_\_\_ workers a week-long mental health break. It (3) \_\_\_\_\_ so workers could "enjoy additional time off to rest and recover". Nike wants to focus (4) \_\_\_\_\_. A senior manager at Nike, Matt Marrazzo, 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 are still open and store workers are (6) \_\_\_\_\_.

Mr Marrazzo said Nike was (7) \_\_\_\_\_ in mental health issues. He said: "Taking time for (8) \_\_\_\_\_ is key to performing well and staying sane. This past year has been rough. We're all human and living (9) \_\_\_\_\_ event." He added that caring for workers "will have a positive impact on the (10) \_\_\_\_\_ moving forward." Marrazzo said the week off was (11) \_\_\_\_\_ Nike "can prioritize mental health and still get work done". He wrote: "Support your people. It's good business, but it's also (12) \_\_\_\_\_ to do."

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-2.html>

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# DE-STRESSING SURVEY

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-2.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) \_\_\_\_\_

# WRITING

From <https://breakingnewsenglish.com/2109/210903-de-stressing-at-nike-2.html>

Write about **de-stressing** for 10 minutes. Read and talk about your partner's paper.

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