

DISCOURSE MARKERS

Discourse markers are words and expressions which help to structure spoken exchanges and written text. (e.g. **first of all, by the way, on the other hand, in any case, to sum up**). English has a big number of these. Some are used in all kinds of discourse, some mostly in formal writing, and others mainly in informal speech.

1 CHOOSE THE APPROPRIATE DISCOURSE MARKERS IN THE DIALOGUE:

A What a good movie! I really enjoyed it. Didn't you?

B **Actually / Incidentally**, I didn't like it very much.

A Why not?

B **Basically / After all** I thought it was incredibly far-fetched. I couldn't believe in the characters at all, and the plot was totally implausible.

A I wouldn't call it far-fetched. **At least / In any case** it wasn't supposed to be a true story.

B I know, but it was set in a very specific historical period. **Otherwise / Obviously** you can't expect the dialogue to be totally authentic, **I mean / on the other hand** nobody knows exactly how people spoke in the 17th century, but **at least / anyway** the period details should be right. There was a clock in the king's palace, and they didn't have clocks until the eighteenth century! **All in all / That is to say** I thought it was a pretty awful movie.

A We'll have to agree to disagree then. **By the way / As a matter of fact**, do you know what time the last train leaves? I don't want to miss it. **Otherwise / In any case** I'll have to get a taxi home.

B At 11:40. Don't worry, we have plenty of time. **In fact / Besides**, I think we even have time to get something to eat. Do you feel like a quick pizza? There's a good Italian restaurant just around the corner.

A Yes, let's go. **As I was saying / Speaking of** Italian food, I made a wonderful risotto with mushrooms last night...

2 COMPLETE THE SENTENCES WITH APPROPRIATE DISCOURSE MARKERS. SOMETIMES MORE THAN ONE ANSWER MAY BE POSSIBLE

1 Ben is an excellent teacher, although _____ I think female teachers are usually better kids.

2 A Did you end up buying the shoes?

B No, they were too expensive. And _____ I decided that I didn't really like them that much.

GRAMMAR

3 I really think you should apply for the manager position. _____, you have nothing to lose, and you might just get it, who knows?

4 **A** I just read a great book that Simon lent me.

B _____ Simon, did you know he's moving to New- York?

5 **A** How was your day?

B Fine. I finished work a little earlier than usual. _____, did you remember to get a birthday present for your mom?

6 It was a very gray, overcast day, but _____ it didn't rain.

7 **A** Do your wife's parents live near you?

B _____, they live in the apartment below us. It's not ideal but it does have some advantages.

8 They hired me as a kind of troubleshooter - _____ somebody who resolves problems whenever they occur.

9 _____ salary _____, you will be paid on the 30th or 31st of each month, with a bonus in December and in July.

10 You'd better hurry up with your homework _____ you won't be able to watch TV tonight.

HOMework

3 FILL IN THE GAPS WITH THE RIGHT WORDS:

ideally, as for, cutting down, day-to-day, plenty, affects, head, vice versa, worsen

1 Our physical health _____ our mental health, and _____.

2 Simple, small changes in our _____ can make all the difference.

3 What's more, studies show that time in green spaces is beneficial, so _____ to your local park if you can!

4 _____, we should aim to eat a healthy balanced diet, with _____ of fruit and veg.

5 Alcohol in particular can _____ our moods, so _____ can really help us feel better.

6 _____ cigarettes, stopping smoking is one of the best things you can do for your body and your brain.



HEALTHY LIFESTYLE

4 LOOK AT SOME COMMONLY-HELD BELIEFS RELATED TO HEALTH AND MEDICINE BELOW. WITH YOUR PARTNERS, DISCUSS EACH ONE AND DECIDE IF YOU THINK IT IS TRUE OR A MYTH. REMEMBER TO USE VARIOUS DISCOURSE MARKERS.

Truth or myth?

- 1 Avoid eating late at night if you don't want to **gain weight**.
- 2 If you **stay out in the cold and wind**, you are more likely to **catch a cold**.
- 3 Never take a shower during a thunderstorm – you might **get electrocuted**.
- 4 Reading **in dim light** will ruin your eyesight.
- 5 Some people attract mosquitoes more than others.
- 6 **Bottled water** is safer than **tap water**.

5 DISCUSS THE FOLLOWING QUESTIONS:

1. How does physical activity affect your mood and overall well-being?
2. Do you engage in regular physical activity that you enjoy? How has it made a difference in your life?
3. Have you ever considered using physical activity as a way to manage stress or symptoms of depression?
4. What are some simple changes in your daily routine that could help you become more physically active?
5. Do you often spend time in green spaces like parks or gardens? How do these environments impact your mental health?
6. Are there any physical activity apps or programs that you've found helpful for staying active?
7. How mindful are you about your diet and nutrition? What changes could you make to improve your eating habits?
8. In what ways do you think your diet affects your physical and mental health?
9. Have you ever used alcohol, caffeine, or other substances as a way to cope with stress or emotions? How did it affect you in the long term?
- 10.10. What strategies or support systems can be effective for cutting down on or quitting substances like alcohol or tobacco?

