

'For you to be happy, you need to be kind'

Ex.1.a. This or That?

<p>This or That</p> <p>Do you prefer:</p> <p>Small gatherings or Big ones</p> 	<p>This or That</p> <p>Do you prefer:</p> <p>Christmas at home or Traveling for Christmas</p> 	<p>This or That</p> <p>Do you prefer:</p> <p>Buying gifts or Making gifts</p> 
<p>This or That</p> <p>Do you prefer:</p> <p>Fake tree or Real tree</p> 	<p>This or That</p> <p>Do you prefer:</p> <p>Angel or Star on top of a tree</p> 	<p>This or That</p> <p>Do you prefer:</p> <p>GIVING or RECEIVING</p> 

Ex.1.b. Answer the questions.

- 1. Why is Christmas connected with stress?**
- 2. Is the real message of Christmas lost? If not, what is it?**

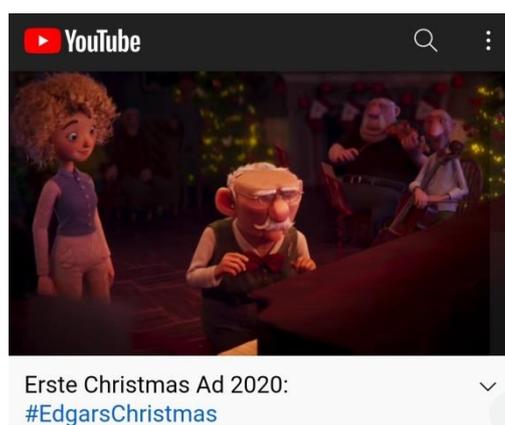
3. What is an absolute ‘must’ for Christmas? What can’t you imagine holiday season without?

Ex.2. What is a Christmas spirit? What words come to your mind when you think about it? Make a list and use them in your own sentences.

Ex.3 You are going to watch a few of the best Christmas adverts ever. Explain what the plot of each of them is. Which one do you like the most and why?



<https://www.youtube.com/watch?v=lcx7hBWeULM>



<https://www.youtube.com/watch?v=vTjtguL9E>



<https://www.youtube.com/watch?v=ZTtgc0DPA4>



<https://www.youtube.com/watch?v=rpMsQLkfUYU>

Ex.4.a. You will read an article about very interesting Christmas - related traditions in England and the US.

Home alone or not?

If someone says “Christmas in England and in the US” then probably the first thing that comes to our mind is “Home Alone” or all the commerce associated with this holiday. However, both these countries have very interesting Christmas-related traditions that are completely different from ours.

Important Christmas days

The main difference is that in Poland the most important day is Christmas Eve, while in England and the United States only Christmas is celebrated on December 25 and the so-called Boxing Day December 26. On December 25, the English wait for the queen’s official wishes and speeches, and then join a festive Christmas dinner, after which they open presents from Christmas Stockings and from under the Christmas tree. Boxing Day is a name that came from the distant times, on this day formerly small gifts were given to railwaymen. Whereas today on this day people mainly go to shopping centers.

First Christmas trees

Let’s start with the thing that is most associated with Christmas, the Christmas tree! In England or the United States, Christmas trees have been glowing and shiny since the beginning of December. The Christmas tree came to these countries thanks to German immigrants. However, it first appeared in the US in the 1830s, and in Great Britain it was decorated for the first time by Prince Albert and his wife, Queen Victoria. But then Christmas trees were decorated with fruit, not like today with baubles and other decorations.

Delicious English Christmas table

None of us can imagine Christmas without carp, **dumplings**, **poppy seed cake** and other holiday dishes, but in these English-speaking countries, dishes are very different from ours. First of all, England is famous for its sweetness. The first is mince pies, muffins filled with fried raisins. Another thing is the famous Christmas Pudding, e.g. dark cake **soaked** in rum and filled with dried fruit and nuts. This **dough** is prepared several weeks before Christmas and ripens by itself in the **pantry**! In the US, on the other hand, roasted turkey and eggnog, e.g. egg and rum drink, play the key role on the Christmas table.

Mistletoe or wafer?

We have **a wafer break**, and the British have **mistletoe** kissing. In the old days it was believed that in addition to showing love, mistletoe brings health and happiness, which is why it is hung so willingly in the thresholds of homes today. Another thing you may not know about is the Christmas cracker, which is a large cardboard candy in which you can usually find a paper crown or a joke card. Its name comes from the fact that it produces a characteristic sound when it's torn. Another custom is also breaking the turkey bone in the shape of the letter "y", e.g. wishbone. A person who breaks off most of the bone can make one wish.

Green Santa

I wouldn't be myself if I didn't mention the story of Santa Claus. The character is associated with Saint Nicholas, who distributed money and food to the poor and needy. However, the current character was created thanks to the Coca-Cola advertisement as early as 1930, designed by an American artist Fred Mizen. Can you imagine that Santa Claus wore a green, not a red outfit those days?!

Different countries – common intention

As you can see, we have something in common with the people from those two countries. After all – Christmas is Christmas, no matter how we celebrate it, we want to spend it with our family and friends.

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Source: <https://www.lo1.pl/home-alone-or-not/>

Ex.4.b. What are the differences between traditions celebrated in Poland and in England or the US.

Ex.4.c. Pay attention to yellow words in the text and match them with their definitions.

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|---------------------------|---|
| 1. dumplings | a) a thick, mixture of flour and liquid, used for baking into bread or pastry (surowe ciasto) |
| 2. poppy seed cake | b) a small room or cupboard in which food, crockery, and cutlery are kept (spizarnia) |
| 3. soaked | c) a leathery-leaved parasitic plant which grows on apple, oak, and other broadleaf trees and bears white glutinous berries in winter (jemiola) |
| 4. dough | d) sharing a thin, light, crisp biscuit and making greetings at Christmas (łamanie opłatka) |
| 5. pantry | e) a small savoury ball of dough which may be boiled, fried, or baked in a casserole (pierogi) |
| 6. wafer break | f) becoming thoroughly wet by being immersed in liquid (namoczony) |
| 7. mistletoe | g) a cake made with poppy seeds (makowiec) |

Ex.4.d. Fill in the gaps.

1. Do you know a recipe to make a proper _____ for a cake. I want to bake something special for John.
2. All of the dishes are usually kept in a _____.
3. You can give a person a kiss under the _____ at Christmas.
4. I love the traditon of _____ and making wishes during holiday time.
5. This year I will try to cook _____ for the first time in my life. I know I need to prepare dough and some yummy stuffing to make it.

Extra Activity

Make your own sentences with the following words: joy, goodwill, generosity, forgiveness, kindness. You may change forms of the words if needed.

