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Level 1 – 1st June, 2021

Amazon creates 'AmaZen' booths for stressed workers

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<https://breakingnewsenglish.com/2106/210601-wellness-chambers-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/2106/210601-wellness-chambers-1.html>

Amazon wants to help workers with mental health problems. It plans to put "wellness chambers" in its warehouses so workers can relax. Workers can watch videos about relaxation in the chambers. Amazon said the chambers are part of a system called "AmaZen". It said: "Employees can visit AmaZen stations and watch short videos featuring easy-to-follow well-being activities, including guided meditations...and calming scenes with sounds."

After Amazon shared a video of its AmaZen chamber, many Twitter users criticised the working conditions at Amazon's warehouses. An Amazon worker described his experiences of working at Amazon. He said: "You don't get treated like a person. They work you like a robot...You don't have time to go to the bathroom." Amazon said: "The health and safety of employees is [our] number one priority and has been since day one."

Sources: <https://www.bbc.com/news/technology-57287151>
<https://finance.yahoo.com/news/amazon-rolls-zenbooth-warehouse-employees-135253883.html>
<https://www.independent.co.uk/voices/amazon-amazen-union-alabama-warehouse-b1855408.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2106/210601-wellness-chambers-1.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|--------------------------|
| 1. help workers with mental | a. relax |
| 2. put "wellness chambers" in | b. called "AmaZen" |
| 3. workers can | c. being activities |
| 4. watch videos about | d. its warehouses |
| 5. part of a system | e. videos |
| 6. Employees can | f. relaxation |
| 7. short | g. health problems |
| 8. easy-to-follow well- | h. visit AmaZen stations |

PARAGRAPH TWO:

- | | |
|-----------------------------------|-----------------------|
| 1. Twitter users criticised the | a. a person |
| 2. An Amazon worker described his | b. one priority |
| 3. You don't get treated like | c. like a robot |
| 4. They work you | d. one |
| 5. You don't have time to | e. working conditions |
| 6. The health and safety | f. experiences |
| 7. our number | g. of employees |
| 8. since day | h. go to the bathroom |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2106/210601-wellness-chambers-1.html>

Amazon wants to help (1) _____ health problems. It plans to put "wellness chambers" in its warehouses (2) _____ relax. Workers can watch videos about (3) _____ chambers. Amazon said the chambers are part of (4) _____ "AmaZen". It said: "Employees can visit AmaZen stations and watch short videos featuring (5) _____ well-being activities, including guided meditations...and calming (6) _____."

After Amazon (7) _____ of its AmaZen chamber, many Twitter users criticised the (8) _____ Amazon's warehouses. An Amazon worker described (9) _____ working at Amazon. He said: "You don't get treated (10) _____. They work you like a robot...You don't (11) _____ go to the bathroom." Amazon said: "The health and safety of employees is [our] number one priority and has been (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2106/210601-wellness-chambers-1.html>

Amazon wantsto helpworkerswithmentalhealthproblems. Itplanstop
ut "wellnesschambers" initswarehousessoworkerscanrelax. Workers
canwatchvideosaboutrelaxationinthechambers. Amazonsaidthecha
mbersarepartofasystemcalled "AmaZen". Itsaid: "EmployeeSCANvisit
AmaZenstationsandwatchshortvideosfeaturingeasy-to-followwell-
beingactivities, includingguidedmeditations... andcalmingsceneswit
hsounds." AfterAmazonsharedavideoofitsAmaZen chamber, manyT
witteruserscriticisedtheworkingconditionsatAmazon'swarehouses.
AnAmazonworkerdescribedhisexperiencesofworkingatAmazon. Hes
aid: "Youdon'tgettreatedlikeaperson. Theyworkyoulikearobot... Youd
on'thavetimetogotothebathroom." Amazonsaid: "Thehealthandsafet
yofemployeesis[our]numberonepriorityandhasbeensince dayone."

MENTAL HEALTH SURVEY

From <https://breakingnewsenglish.com/2106/210601-wellness-chambers-4.html>

Write five GOOD questions about mental health 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/2106/210601-wellness-chambers-1.html>

Write about **mental health** for 10 minutes. Read and talk about your partner's paper.
