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Level 3 – 1st June, 2021

Amazon creates 'AmaZen' booths for stressed workers

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

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

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

Amazon wants to help its workers with stress and mental health problems. The company plans to put special booths in its warehouses to help workers relax. They are called "wellness chambers". The booths are part of a new scheme called "WorkingWell". Workers can sit inside a booth and watch videos about relaxation. Amazon has said the chambers are part of a system called "AmaZen". Zen is a practice whereby people meditate and focus on being calm. The company said: "During shifts, employees can visit AmaZen stations and watch short videos featuring easy-to-follow well-being activities, including guided meditations...and calming scenes with sounds."

Not all was calm and Zen-like on social media after Amazon shared a video of the AmaZen chamber on its Twitter account. Many social media users criticised the video and the idea of the wellness chamber. Most of the criticism was because of working conditions at Amazon's warehouses. Britain's Independent newspaper reported on an Amazon worker who said the chambers would not work. The 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...get water. 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>

WARM-UPS

1. MENTAL HEALTH: Students walk around the class and talk to other students about mental health. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

workers / stress / mental health / wellness / relaxation / system / employee / sounds
social media / criticism / working conditions / experiences / robot / bathroom / time

Have a chat about the topics you liked. Change topics and partners frequently.

3. STRESS AT WORK: Students A **strongly** believe companies should pay for workers' medical bills if they are stressed at work; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. IN THE WORKPLACE: What do you think of these things for workplaces? How would they benefit workers? Complete this table with your partner(s). Change partners often and share what you wrote.

	What I Think of This	Benefits for the Workers
Wellness chambers		
Canteen		
Swimming pool		
Convenience store		
Library		
Gym		

5. AMAZON: Spend one minute writing down all of the different words you associate with the word "Amazon". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. STRESS: Rank these with your partner. Put the biggest stresses at the top. Change partners often and share your rankings.

- Money
- The pandemic
- Family
- Neighbours
- Work / School
- Bosses / Teachers
- Social media
- Technology

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------|--|
| 1. stress | a. The customary or expected way of doing something. |
| 2. booth | b. The state of being comfortable, healthy, or happy. |
| 3. scheme | c. Mental tension from bad, worrying or negative situations. |
| 4. practice | d. A plan for reaching a particular object or putting an idea into action. |
| 5. meditate | e. A very small room where a someone sits separated from other people. |
| 6. focus | f. Think deeply or focus one's mind for a period of time in silence for religious or spiritual purposes or to relax. |
| 7. well-being | g. Put all one's efforts onto a particular thing or action. |

Paragraph 2

- | | |
|---------------|---|
| 8. calm | h. Talk about the faults or bad things about someone or something. |
| 9. criticised | i. The state of something with regard to its appearance, quality, or working order. |
| 10. condition | j. A person employed for wages or salary; a worker. |
| 11. warehouse | k. Of a person not showing or feeling nervousness, anger, or other emotions. |
| 12. treated | l. The fact or condition of being regarded or treated as more important. |
| 13. employee | m. Behaved toward or dealt with in a certain way. |
| 14. priority | n. A large building where raw materials or manufactured goods may be stored before their export or distribution for sale. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. Amazon plans to sell "wellness chambers" from its warehouses. **T / F**
2. The wellness chambers are part of a scheme called "FeelingWell". **T / F**
3. Workers can watch videos about relaxation in the wellness chambers. **T / F**
4. Workers can get advice on meditating while in the wellness chambers. **T / F**
5. Many social media users think the wellness chambers are a great idea. **T / F**
6. An Amazon worker feels he's treated more like a robot than a human. **T / F**
7. An Amazon worker said he has plenty of time to go to the bathroom. **T / F**
8. Amazon says the health of its workers has always been its top priority. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|----------------------|---------------------|
| 1. stress | a. method |
| 2. chambers | b. circumstances |
| 3. system | c. tranquil |
| 4. focus | d. workers |
| 5. calming | e. regarded |
| 6. criticised | f. rooms |
| 7. conditions | g. pressure |
| 8. treated | h. concern |
| 9. employees | i. concentrate |
| 10. priority | j. found fault with |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---------------------------------------|---------------------------|
| 1. help its workers with stress and | a. priority |
| 2. put special booths in | b. on being calm |
| 3. people meditate and focus | c. sounds |
| 4. easy-to-follow well- | d. like a person |
| 5. calming scenes with | e. one |
| 6. Many social media users criticised | f. mental health problems |
| 7. working | g. the video |
| 8. You don't get treated | h. its warehouses |
| 9. our number one | i. conditions |
| 10. since day | j. being activities |

GAP FILL

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

Amazon wants to help its workers with (1) _____ and mental health problems. The company plans to put special booths in its warehouses to help workers (2) _____. They are called "wellness chambers". The booths are part of a new (3) _____ called "WorkingWell". Workers can sit inside a booth and watch videos about relaxation. Amazon has said the chambers are (4) _____ of a system called "AmaZen". Zen is a practice (5) _____ people meditate and focus on being calm. The company said: "During shifts, (6) _____ can visit AmaZen stations and watch short (7) _____ featuring easy-to-follow well-being activities, including guided meditations...and calming scenes with (8) _____."

scheme

videos

whereby

stress

sounds

relax

part

employees

Not all was (9) _____ and Zen-like on social media after Amazon shared a video of the AmaZen chamber on its Twitter (10) _____. Many social media users criticised the video and the idea of the wellness chamber. Most of the (11) _____ was because of working conditions at Amazon's warehouses. Britain's Independent newspaper (12) _____ on an Amazon worker who said the chambers would not work. The worker described his experiences of working at Amazon. He said: "You don't get treated like a (13) _____. They work you like a robot... You don't have (14) _____ to...get water. You don't have time to go to the bathroom." Amazon said: "The health and (15) _____ of employees is [our] number one priority and has been since day (16) _____."

reported

time

calm

one

criticism

safety

account

person

LISTENING – Guess the answers. Listen to check.

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

- 1) Amazon wants to help its workers with stress and _____
 - a. mental health problem
 - b. mental health problems
 - c. mental healthy problems
 - d. mental healthy problem
- 2) put special booths in its warehouses to _____
 - a. help workers react
 - b. help workers recant
 - c. help workers relax
 - d. help workers relapse
- 3) "wellness chambers". The booths are part of _____
 - a. a news scheme
 - b. anew scheme
 - c. an anew scheme
 - d. a new scheme
- 4) a system called "AmaZen". Zen is a practice whereby _____
 - a. people mediate
 - b. people immediate
 - c. people meditate
 - d. people meditate
- 5) easy-to-follow well-being activities, including guided meditations... _____
 - a. and calm in scenes
 - b. and calm Ming scenes
 - c. and calm incense
 - d. and calming scenes
- 6) Amazon shared a video of the AmaZen chamber on _____
 - a. its Twitter recount
 - b. its Twitter account
 - c. its Twitter all count
 - d. its Twitter a count
- 7) Twitter account. Many social media users _____
 - a. criticism the video
 - b. critics sized the video
 - c. criticised the video
 - d. critic sized a video
- 8) Amazon's warehouses. Britain's Independent newspaper reported on _____
 - a. an Amazon work are
 - b. an Amazon worker her
 - c. an Amazon worker
 - d. an Amazon work car
- 9) You don't get treated like a person. They work _____
 - a. you like a reboot
 - b. you like a row boot
 - c. you like a robe bot
 - d. you like a robot
- 10) Amazon said: "The health and safety of employees is [our] _____
 - a. number one priority
 - b. number one prioritise
 - c. number one priorities
 - d. number one prior a tea

LISTENING – Listen and fill in the gaps

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

Amazon wants to help its workers with (1) _____ health problems. The company plans to put (2) _____ its warehouses to help workers relax. They are called "wellness chambers". The booths are part of (3) _____ called "WorkingWell". Workers can sit inside a booth and watch videos about relaxation. Amazon has said the chambers are part of a system called "AmaZen". Zen is a practice (4) _____ and focus on being calm. The company said: "During shifts, employees can visit AmaZen stations and watch short videos featuring (5) _____ well-being activities, including guided meditations...and (6) _____ sounds."

Not (7) _____ and Zen-like on social media after Amazon shared a video of the AmaZen chamber on its Twitter account. Many social media users criticised the video and (8) _____ the wellness chamber. Most of the criticism was because of (9) _____ Amazon's warehouses. Britain's Independent newspaper reported on an Amazon worker who said the chambers would not work. The worker described his experiences of working at Amazon. He said: "You don't get (10) _____ person. They work you like a robot... You don't have time to...get water. You don't have time to go to the bathroom." Amazon said: "The (11) _____ of employees is [our] number one priority and has been (12) _____."

COMPREHENSION QUESTIONS

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

1. Where will Amazon put its special anti-stress booths?
2. What is the name of the scheme the booths are part of?
3. What can workers watch videos about?
4. When can Amazon employees visit the AmaZen stations?
5. What can workers receive guidance on?
6. Where did Amazon share a video of its AmaZen chamber?
7. What was most of the criticism Amazon received about?
8. What did a worker say Amazon worked people like?
9. What did the worker say he didn't have time to get?
10. Since when has workers' health and safety been Amazon's priority?

MULTIPLE CHOICE - QUIZ

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

- 1) Where will Amazon put its special anti-stress booths?
 - a) in stores
 - b) in its warehouses
 - c) online
 - d) in city parks
- 2) What is the name of the scheme the booths are part of?
 - a) WellFeeling
 - b) WellWorking
 - c) FeelingWell
 - d) WorkingWell
- 3) What can workers watch videos about?
 - a) Amazon products
 - b) baby rabbits
 - c) relaxation
 - d) blue skies
- 4) When can Amazon employees visit the AmaZen stations?
 - a) during their shifts
 - b) 24 hours a day
 - c) at weekends
 - d) during their holidays
- 5) What can workers receive guidance on?
 - a) finance
 - b) meditation
 - c) health
 - d) working better
- 6) Where did Amazon share a video of its AmaZen chamber?
 - a) on social media
 - b) in its warehouses
 - c) in its boardroom
 - d) in a newspaper office
- 7) What was most of the criticism Amazon received about?
 - a) salaries
 - b) robots
 - c) working conditions
 - d) bonuses
- 8) What did a worker say Amazon worked people like?
 - a) robots
 - b) princes and princesses
 - c) numbers
 - d) valued employees
- 9) What did the worker say he didn't have time to get?
 - a) a parcel
 - b) his robot
 - c) his shoes
 - d) water
- 10) Since when has workers' health and safety been Amazon's priority?
 - a) a few weeks ago
 - b) since last year
 - c) since day one
 - d) May 22nd

ROLE PLAY

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

Role A – Money

You think money is the biggest cause of stress. Tell the others three reasons why. Tell them what is wrong with their stresses. Also, tell the others which is the least stressful of these (and why): the pandemic, family or social media.

Role B – The Pandemic

You think the pandemic is the biggest cause of stress. Tell the others three reasons why. Tell them what is wrong with their stresses. Also, tell the others which is the least stressful of these (and why): money, family or social media.

Role C – Family

You think family is the biggest cause of stress. Tell the others three reasons why. Tell them what is wrong with their stresses. Also, tell the others which is the least stressful of these (and why): the pandemic, money or social media.

Role D – Social Media

You think social media is the biggest cause of stress. Tell the others three reasons why. Tell them what is wrong with their stresses. Also, tell the others which is the least stressful of these (and why): the pandemic, family or money.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'stressed' and 'worker'.

stressed	worker
-----------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• special• scheme• system• focus• short• scenes	<ul style="list-style-type: none">• calm• idea• criticism• reported• robot• number
--	---

MENTAL HEALTH SURVEY

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

MENTAL HEALTH DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'stressed'?
3. How stressed are you?
4. What do you think of the company Amazon?
5. Would you like to work for Amazon?
6. What do you know about mental health?
7. What do you think of the wellness chambers?
8. What do you do to relax?
9. What do you think of meditation?
10. What can make the workplace stressful?

Amazon creates 'AmaZen' booths for stressed workers – 1st June, 2021
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MENTAL HEALTH DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'worker'?
13. What do you think about what you read?
14. What things make you stressed?
15. What do you do to relieve your stress?
16. Are you always calm?
17. Would you use an AmaZen?
18. Will robots replace all humans in workplaces?
19. What is your number one priority?
20. What questions would you like to ask Amazon's boss?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Amazon wants to help its workers with (1) _____ and mental health problems. The company plans to put special booths in its warehouses to help workers (2) _____. They are called "wellness chambers". The booths are part of a new (3) _____ called "WorkingWell". Workers can sit inside a booth and watch videos about relaxation. Amazon has said the chambers are part (4) _____ a system called "AmaZen". Zen is a practice whereby people meditate and focus on being calm. The company said: "(5) _____ shifts, employees can visit AmaZen stations and watch short videos featuring easy-to-follow well-being activities, including guided meditations...and calming (6) _____ with sounds."

Not all was (7) _____ and Zen-like on social media after Amazon shared a video of the AmaZen chamber on its Twitter account. Many social media users criticised the video and the idea of the wellness chamber. (8) _____ of the criticism was because of working conditions at Amazon's warehouses. Britain's Independent newspaper reported (9) _____ an Amazon worker who said the chambers would not work. The worker described his experiences of working at Amazon. He said: "You don't get treated (10) _____ a person. They work you (11) _____ a robot... You don't have time to...get water. 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 (12) _____."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|---------------|-------------|--------------|
| 1. | (a) stressed | (b) stressful | (c) stress | (d) distress |
| 2. | (a) relax | (b) relapse | (c) reacts | (d) relents |
| 3. | (a) scheme | (b) charge | (c) flag | (d) health |
| 4. | (a) of | (b) to | (c) on | (d) as |
| 5. | (a) While | (b) During | (c) When | (d) Which |
| 6. | (a) sees | (b) scones | (c) screams | (d) scenes |
| 7. | (a) palm | (b) balm | (c) calm | (d) psalm |
| 8. | (a) Entire | (b) Whole | (c) Many | (d) Most |
| 9. | (a) on | (b) at | (c) in | (d) of |
| 10. | (a) like | (b) of | (c) love | (d) to |
| 11. | (a) similar | (b) like | (c) love | (d) same |
| 12. | (a) start | (b) Monday | (c) one | (d) week |

SPELLING

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

Paragraph 1

1. put special booths in its useaohwesr
2. part of a new echsme
3. part of a setsym called "AmaZen"
4. people etdemati and focus
5. videos fngtareiu easy-to-follow well-being activities
6. inmgcla scenes with sounds

Paragraph 2

7. on its Twitter ncaouct
8. Most of the istirmicc
9. because of working onidsontci
10. The worker described his ixenesecrep
11. The health and safety of psoeyleme
12. our number one rioirtyp

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () said: "During shifts, employees can visit AmaZen stations and watch short videos featuring easy-to-
- () was because of working conditions at Amazon's warehouses. Britain's Independent newspaper reported on an Amazon worker
- (**1**) Amazon wants to help its workers with stress and mental health problems. The company plans
- () are part of a new scheme called "WorkingWell". Workers can sit inside a booth and watch
- () Not all was calm and Zen-like on social media after Amazon shared a video of the AmaZen chamber on its Twitter
- () videos about relaxation. Amazon has said the chambers are part of a system
- () who said the chambers would not work. The worker described his experiences of working at Amazon. He said: "You don't
- () called "AmaZen". Zen is a practice whereby people meditate and focus on being calm. The company
- () to put special booths in its warehouses to help workers relax. They are called "wellness chambers". The booths
- () follow well-being activities, including guided meditations...and calming scenes with sounds."
- () account. Many social media users criticised the video and the idea of the wellness chamber. Most of the criticism
- () water. 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."
- () get treated like a person. They work you like a robot... You don't have time to...get

PUT THE WORDS IN THE RIGHT ORDER

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

1. stress . with workers wants its Amazon help to
2. its help Special workers . to in booths warehouses
3. of booths part scheme . are The new a
4. whereby a is meditate . Zen people practice
5. can stations . employees During visit AmaZen shifts,
6. social media the video . criticised Many users
7. at his He experiences working of Amazon . described
8. like get person . treated don't a You
9. the bathroom . time isn't go There to to
10. priority . number-one of safety The our is employees

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Amazon wants to help *its / them* workers with stress and mental health problems. The company *plants / plans* to put special booths in its warehouses to help workers *relaxed / relax*. They are called "wellness chambers". The booths are part *of / off* a new scheme called "WorkingWell". Workers can sit inside a booth and *watch / watching* videos about relaxation. Amazon has said the chambers are part of a *cistern / system* called "AmaZen". Zen is a practice *passerby / whereby* people meditate and focus *on / in* being calm. The company said: "During shifts, employees can visit AmaZen stations and *look / watch* short videos featuring easy-to-follow well-being activities, including guided meditations...and calming *senses / scenes* with sounds."

Not all was *clam / calm* and Zen-like on social media after Amazon shared a video of the AmaZen chamber on its Twitter *account / accountant*. Many social media users criticised *a / the* video and the idea of the wellness chamber. Most of the criticism *was / be* because of working conditions at Amazon's warehouses. Britain's Independent newspaper reported *in / on* an Amazon worker who said the chambers would not *work / working*. The worker described his experiences of working at Amazon. He said: "You don't get *treat / treated* like a person. They work you like a robot... You don't have time to...get water. You don't have *time / hour* to go to the bathroom." Amazon said: "The health and *safety / safe* of employees is [our] number one priority and has been since day *once / one*."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

_m_z_n w_nts t_ h_lp _ts w_rk_rs w_th str_ss _nd
m_nt_l h__lth pr_bl_ms. Th_ c_mp_ny pl_ns t_ p_t
sp_c__l b__ths _n _ts w_r_h__s_s t_ h_lp w_rk_rs
r_l_x. Th_y _r_ c_ll_d "w_lln_ss ch_mb_rs". Th_ b__ths
r p_rt _f _ n_w sch_m_ c_ll_d "W_rk_ngW_ll".
W_rk_rs c_n s_t _ns_d_ _ b__th _nd w_tch v_d__s
_b__t r_l_x_t__n. _m_z_n h_s s__d th_ ch_mb_rs _r_
p_rt _f _ syst_m c_ll_d "_m_Z_n". Z_n _s _ pr_ct_c_
wh_r_by p__pl_ m_d_t_t_ _nd f_c_s _n b__ng c_lm.
Th_ c_mp_ny s__d: "D_r_ng sh_fts, _mpl_y__s c_n
v_s_t _m_Z_n st_t__ns _nd w_tch sh_rt v_d__s
f__t_r_ng __sy-t_f_ll_w w_ll-b__ng _ct_v_t__s,
_ncl_d_ng g__d_d m_d_t_t__ns..._nd c_lm_ng sc_n_s
w_th s__nds."

N_t _ll w_s c_lm _nd Z_n-l_k_ _n s_c__l m_d__ _ft_r
_m_z_n sh_r_d _ v_d__ _f th_ _m_Z_n ch_mb_r _n _ts
Tw_tt_r _cc__nt. M_ny s_c__l m_d__ _s_rs cr_t_c_s_d
th_ v_d__ _nd th_ _d__ _f th_ w_lln_ss ch_mb_r. M_st
f th cr_t_c_sm w_s b_c__s_ _f w_rk_ng c_nd_t__ns
_t _m_z_n's w_r_h__s_s. Br_t__n's _nd_p_nd_nt
n_wsp_p_r r_p_rt_d _n _n _m_z_n w_rk_r wh_ s__d
th_ ch_mb_rs w__ld n_t w_rk. Th_ w_rk_r d_scr_b_d
h_s _xp_r__nc_s _f w_rk_ng _t _m_z_n. H_ s__d: "Y__
d_n't g_t tr__t_d l_k_ _ p_rs_n. Th_y w_rk y__ l_k_
_ r_b_t... Y__ d_n't h_v_ t_m_ t...g_t w_t_r. Y__
d_n't h_v_ t_m_ t_ g_ t_ th_ b_thr__m." _m_z_n
s__d: "Th_ h__lth _nd s_f_ty _f _mpl_y__s _s [_r]
n_mb_r _n_ pr__r_ty _nd h_s b__n s_nc_ d_y _n_."

PUNCTUATE THE TEXT AND ADD CAPITALS

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

amazon wants to help its workers with stress and mental health problems the company plans to put special booths in its warehouses to help workers relax they are called wellness chambers the booths are part of a new scheme called workingwell workers can sit inside a booth and watch videos about relaxation amazon has said the chambers are part of a system called amazen zen is a practice whereby people meditate and focus on being calm the company said during shifts employees can visit amazen stations and watch short videos featuring easytofollow wellbeing activities including guided meditations and calming scenes with sounds

not all was calm and zenlike on social media after amazon shared a video of the amazen chamber on its twitter account many social media users criticised the video and the idea of the wellness chamber most of the criticism was because of working conditions at amazons warehouses britains independent newspaper reported on an amazon worker who said the chambers would not work the worker described his experiences of working at amazon he said you dont get treated like a person they work you like a robot you dont have time to get water you dont 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

PUT A SLASH (/) WHERE THE SPACES ARE

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

Amazon wantsto help its workers with stress and mental health problems. The company plansto put special booths in its warehouses to help workers relax. They are called "wellness chambers". The booths are part of a new scheme called "Working Well". Workers can sit inside a booth and watch videos about relaxation. Amazon has said the chambers are part of a system called "AmaZen". Zen is a practice where by people meditate and focus on being calm. The company said: "During shifts, employees can visit AmaZen stations and watch short videos featuring easy-to-follow well-being activities, including guided meditations... and calming scenes with sounds." Not all was calm and Zen-like on social media after Amazon shared a video of the AmaZen chamber on its Twitter account. Many social media users criticised the video and the idea of the wellness chamber. Most of the criticism was because of working conditions at Amazon's warehouses. Britain's Independent newspaper reported on an Amazon worker who said the chambers would not work. The 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... get water. 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."

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. MENTAL HEALTH: Make a poster about mental health. Show your work to your classmates in the next lesson. Did you all have similar things?

4. RELAXATION AREAS: Write a magazine article about all companies and schools creating relaxation areas for workers and students. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on mental health. Ask him/her three questions about it. Give him/her three of your ideas on how companies can help workers' mental health. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. e 3. d 4. a 5. f 6. g 7. b
8. k 9. h 10. i 11. n 12. m 13. j 14. l

TRUE / FALSE (p.5)

- 1 F 2 F 3 T 4 T 5 F 6 T 7 F 8 T

SYNONYM MATCH (p.5)

1. g	2. f	3. a	4. i	5. c
6. j	7. b	8. e	9. d	10. h

COMPREHENSION QUESTIONS (p.9)

1. In its warehouses
2. WorkingWell
3. Relaxation
4. During their shifts
5. Meditation

6. On social media
7. Working conditions

8. Robots
9. Water
10. Since day one

WORDS IN THE RIGHT ORDER (p.19)

1. Amazon wants to help its workers with stress.
2. Special booths in its warehouses to help workers.
3. The booths are part of a new scheme.
4. Zen is a practice whereby people meditate.
5. During shifts, employees can visit AmaZen stations.
6. Many social media users criticised the video.
7. He described his experiences of working at Amazon.
8. You don't get treated like a person.
9. There isn't time to go to the bathroom.
10. The safety of employees is our number-one priority.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. c 4. a 5. b 6. a 7. c 8. a 9. d 10. c

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)