

LISTEN A MINUTE.com

Frustration

<http://www.listenAminute.com/f/frustration.html>



One minute a day is all you need to improve your listening skills.
Focus on new words, grammar and pronunciation in this short text.
Doing the online activities, discussion, survey and writing will help.
Listen many times – enough for you to you understand everything.

Follow me: <http://twitter.com/SeanBanville>

 **THE LISTENING TAPESCRIPT**

From: <http://www.listenAminute.com/f/frustration.html>

Frustration is a terrible thing. In fact, it's a frustrating thing. Getting frustrated is one of life's biggest frustrations. I wish I didn't get frustrated, but there are so many things in life that are frustrating. I think the biggest thing recently is computers. Getting a new computer out of the box can be frustrating. Understanding how everything works is doubly frustrating. And then there are all the frustrations with programmes that freeze, web pages that don't open, and things you lose. I wonder why we get so frustrated. I think we could do things better if we relaxed and did everything slowly. I wonder if animals and birds get frustrated. I'm sure a lot of the things we humans do causes them a lot of frustration.



LISTENING GAP FILL

From: <http://www.listenAminute.com/f/frustration.html>

Frustration is _____. In fact, it's a frustrating thing. Getting frustrated _____ biggest frustrations. I wish I didn't get frustrated, but there are _____ in life that are frustrating. I think the biggest thing recently is computers. Getting a new computer _____ can be frustrating. Understanding how everything works is _____. And then there are all the frustrations with programmes _____, web pages that don't open, and _____. I wonder why we get so frustrated. I think we could do things better _____ and did everything slowly. I wonder if animals and birds _____. I'm sure a lot of the things we humans do _____ lot of frustration.



CORRECT THE SPELLING

From: <http://www.listenAminute.com/f/frustration.html>

Frustration is a rtrieelb thing. In fact, it's a frustrating thing. Getting frustrated is one of life's bsgigte frustrations. I wish I didn't get frustrated, but there are so many things in life that are frustrating. I think the biggest thing eylrcent is computers. Getting a new computer out of the box can be frustrating. Understanding how everything works is ybuodl frustrating. And then there are all the frustrations with programmes that ezfeer, web pages that don't open, and things you lose. I wonder why we get so frustrated. I think we could do hsntig better if we eedarxl and did everything wlslyo. I wonder if animals and birds get frustrated. I'm sure a lot of the things we nmahus do ceusas them a lot of frustration.



UNJUMBLE THE WORDS

From: <http://www.listenAminute.com/f/frustration.html>

Frustration terrible is thing a. In fact, it's a frustrating thing. Getting frustrated is one of life's biggest frustrations. frustrated get didn't I wish I, but there are so many things in life that are frustrating. I think the biggest is thing computers recently. Getting a new computer of box be out the can frustrating. Understanding how everything works is doubly frustrating. And then the frustrations with there are all programmes that freeze, web pages that don't open, and things you lose. I get wonder so why frustrated we. I think we could do things better if we relaxed and did everything slowly. animals birds I if and get wonder frustrated. I'm sure a lot of the things we humans do of lot a them causes frustration.



 **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. _____

STUDENT FRUSTRATION SURVEY

From: <http://www.listenAminute.com/f/frustration.html>

Write five GOOD questions about frustration 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.

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 INFO: Search the Internet and find more information about frustration. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about frustration. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. FRUSTRATION POSTER Make a poster about frustration. Show it to your classmates in the next lesson. Give each other feedback on your posters.

5. MY FRUSTRATION LESSON: Make your own English lesson on frustration. Make sure there is a good mix of things to do. Find some good online activities. Teach the class / another group when you have finished.

6. ONLINE SHARING: Use your blog, wiki, Facebook page, MySpace page, Twitter stream, Del-icio-us / StumbleUpon account, or any other social media tool to get opinions on frustration. Share your findings with the class.

