

"Amazon creates 'AmaZen' booths for stressed workers"

GAP FILL

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

scheme

videos

whereby

stress

sounds

relax

part

employees

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

reported

time

calm

one

criticism

safety

account

person

"More young people suffering from 'eco-anxiety'"

GAP FILL

More and more children are suffering from "eco-anxiety". This is a (1) condition that causes people to worry a lot about the future of Earth and the (2) life on it. People worry about climate change, pollution and the (3) loss of biodiversity. This has led education experts to call for more teaching in schools about climate change, (4) wildlife and the environment. Many teachers say very (5) little is taught in schools about climate change. Some teachers believe climate change should be taught to all year (6) groups. The Teach the Future (7) campaign group found that only four per cent of schoolchildren felt they knew enough about the climate crisis. The group said this is (8) leading to more children suffering from eco-anxiety.

loss
little
leading
condition
wildlife
campaign
life
groups

Another campaign group, Earth Rangers, has taken (9) action to address the problem of eco-anxiety. It said: "Eco-anxiety is not an official diagnosable (10) disorder. However, it does affect children in very real ways. This includes (11) feelings of fear, hopelessness and despair." It added: "It is important to research and understand the (12) ways in which we can help children find effective strategies to (13) cope with these feelings." Earth Rangers said schools should create conservation (14) activities and help children to teach their parents about how to (15) protect nature. The Earth Rangers president said more needed to be done to help children. She said: "Children are on the front (16) lines of climate change."

feelings
cope
action
protect
disorder
activities
lines
ways

CONNECTIVES AND LINKING WORDS

1. **When** Dad come home from work he has to lie down on the sofa **because** he is tired.
2. Jerry had a bad headache yesterday, **so** he couldn't come to football practice.
3. This is Jimmy's new mountain bike, **which** he got from his parents. He locks it up every evening **so that** nobody can steal it.
4. **Although** Samantha was tired, she watched TV until well after midnight.
5. First, cut out the pictures, **then** paste them into your book.
6. I would like to learn Chinese. **However**, I don't know anyone who can teach me.
7. **While / When** we were driving through the countryside, we saw many picturesque villages.
8. The Hemingways are our neighbours **as well as** our friends.
9. You can have **either** tea **or** coffee for breakfast. What would you like?
10. **Despite** being a great skier, only few people outside of Europe know him.
11. **During** the hike up the mountains we saw a lot of deer.
12. **Unless** you finish the essay by tomorrow you won't be able to get a good mark.
13. **Neither** my father **nor** my mother will be able to attend the meeting tomorrow.
14. He likes all kinds of sports, **such as** skiing, hockey and volleyball.

WORD FORMATION SENTENCES

KEY

1. Please be careful with that painting. It's extremely **valuable**. (**VALUE**)
2. When you write to someone you know you can use **informal** language. (**FORMAL**)
3. I have come to the **conclusion** that I must leave my parents' home and go somewhere else. (**CONCLUDE**)
4. In the Victorian Age rich people often had **servants** to do work for them. (**SERVE**)
5. I like most subjects, but I don't like **chemistry**. (**CHEMIST**)
6. The performance was **unbelievable**. I haven't seen anything like it before. (**BELIEVE**)
7. **Communication** between the ground station and the satellite was disrupted. (**COMMUNICATE**)
8. I could tell from the **expression** on his face that he was very afraid. (**EXPRESS**)
9. There is no **certainty** that we will ever reach a planet with life on it. (**CERTAIN**)
10. The **prisoner** was able to escape even though the building was highly secure. (**PRISON**)
11. The Prime Minister called a general **election** because he was quite certain his party could win it. (**ELECT**)
12. The new store offers a wide variety of sportswear at **affordable** prices. (**AFFORD**)
13. **Scientists** from all over the world have come to Canada to see the new discovery. (**SCIENCE**)
14. The match was **fascinating**. I haven't seen one like that for years. (**FASCINATE**)
15. The company came and **disconnected** our phone because we didn't pay our bill. (**CONNECT**)
16. The best man gave an excellent **speech** at his friend's wedding. (**SPEAK**)
17. We will only achieve real **equality** when women get the same pay as men. (**EQUAL**)
18. The man was still **alive** and breathing when the rescuers found him. (**LIVE**)
19. The countries at the meeting couldn't reach an **agreement** on climate change. (**AGREE**)
20. In most countries it is **illegal** to grow and sell marijuana. (**LEGAL**)