WIDER WORLD 2 SECOND EDITION

Your SET FOR LIFE Bookmarks

Understand other people's emotions

USEFUL TIPS

When you communicate with someone, try to read their emotions. This can help you to understand how people are feeling and offer help.

- Look at people's body language.
- Listen to their voice.
- Think about how you usually feel in the same situation.
- Ask how a person is feeling.

USEFUL PHRASES

Identifying emotions

- ☐ You seem (a bit/quite) unhappy.
- ☐ You look/sound (really) excited/bored.

Offering help

- ☐ Is everything OK?/Is something wrong?
- ☐ What's the matter?
- ☐ Can I do anything to help?
- ☐ Do you want to talk about it?

Offering advice

- ☐ When I feel …, I usually …
- ☐ Why don't you/I/we …?



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Behave well on social media

USEFUL TIPS

When you use social media, it is important to follow some rules to keep safe and avoid hurting other people's feelings.

NO!

- Don't share photos of other people without asking.
- Don't share details that tell other people who you are.
- Don't post photos that show bad behaviour.
- Don't make unkind comments.

YES!

- Think about other people's feelings.
- Keep your posts private, not public.
- Present a positive image online.
- Remember that things on the internet are there forever!



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How to use your Set for Life bookmark:

1. Mark your page in a book with it.
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4. Add it to your collection of bookmarks 😊.

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Your SET FOR LIFE Bookmarks

Resolve arguments with other people

USEFUL TIPS

When you have an argument with another person, it is important to find a way to resolve it in a positive way.

- Stop for a moment and think.
- Stay calm. Use sentences with the pronoun *I* to explain your feelings.
- Don't use phrases like *You never …* *You always …*
- If you are wrong, apologise!
- Try to find a good solution for everyone.

USEFUL PHRASES

Stopping an argument

- ☐ Let's stop and think for a minute.
- ☐ Let's sort this out.
- ☐ What's the basic problem here?

Explaining your position calmly

- ☐ I (don't) feel that …
- ☐ I (don't) think that …

Seeing another person's point of view

- ☐ I understand that …
- ☐ I see what you mean.
- ☐ (Maybe) you've got a point.

Working together to find a solution

- ☐ If you like, I can …
- ☐ Perhaps I/you/we could …



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Support your opinions with arguments

USEFUL TIPS

When you discuss a topic, it's important to support your opinions with logical arguments.

- Give facts (things that you know are true).
- Use examples from your own life.
- Talk about/ Describe things you see in the world.
- Remember that people can have different opinions about the same topic.
- Listen to others, even if you don't agree with them.

USEFUL PHRASES

Giving your opinion

I think/don't think that …
I feel/don't feel that …
In my (personal) opinion, …
I agree/don't agree that …
I'm sorry, but I don't agree.

Giving arguments to support your opinion

I think/say this because …
Let me explain why I think like this.
I read a survey/report that said that …
For example, …



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