

Stand-up comedy course for men at risk of suicide

Level 1: Elementary / Pre-Intermediate – Teacher's notes

Article summary: The article describes how stand-up comedy is being used to help people with emotional and other disorders to become more confident.

Time: 60 minutes

Skills: Reading, Speaking, Writing

Language focus: Vocabulary

Materials needed: One copy of the worksheet per student

1. Warmer

- a. The purpose of this activity is to familiarize students with some of the abbreviations used in the article. Note that the NHS is the UK National Health Service. Practise the pronunciation of the abbreviations.

Key:

1. Health
2. Stress
3. Disorder

2. Key words

- a. Before starting this activity, check that students understand the term *stand-up* (a form of comedy in which one person stands in front of an audience and entertains them by telling jokes). Ask students to do the exercise individually and then compare their answers in pairs or small groups. Note that *experience* in this context is a countable noun.

Key:

- | | |
|---------------|-----------------|
| 1. vulnerable | 6. trauma |
| 2. Postnatal | 7. risk |
| 3. Depression | 8. Suicide |
| 4. Anxiety | 9. experience |
| 5. disorder | 10. participant |

3. Comprehension check

- a. Ask students to work individually to answer the questions and then compare their answers in pairs or small groups. The answers given are not the only possible answers.

Key:

1. stand-up comedy
2. ten years
3. stronger and happier
4. mental illness, postnatal depression, PTSD, anxiety disorders
5. six weeks
6. Bristol
7. London
8. five minutes
9. 18 and over
10. at least a hundred

4. Key language

- a. Students can check their answers in the text after completing the exercise.

Key:

1. emotional
2. powerful
3. suicidal
4. survivor
5. prevention
6. performance

5. Discussion

- a. Allow students time to note down their ideas and encourage them to give reasons for their answer.

6. In your own words

- a. This task could also be done as homework. Allow students to do the online research in their mother tongue if needed. It is much more likely that they find the information they need. Remind them that they need to summarise it all in their own words, not try to translate a Wikipedia article etc.