BBC LEARNING ENGLISH

6 Minute English worksheet

Why does heartbreak hurt so much?



Listen to the full episode here: https://bbc.in/3TZJdCb

1. **Look at the cover image and title of the episode. What do you think this episode is about? What do you know about this topic already? What vocabulary do you associate with this topic?**

2. **Now listen to the first two minutes of the episode.**
   - What do the presenters say the episode is about?
   - What is this week's question? What do you think the answer is?

3. **Now listen to the whole episode. As you listen, write down the six items of vocabulary. What do they mean?**

a) Word/phrase: _____

It means: _____.

b) Word/phrase: _____

It means: _____.

c) Word/phrase: _____

It means: _____.

d) Word/phrase: _____

It means: _____.

e) Word/phrase: _____

It means: _____.

f) Word/phrase: _____

It means: _____.

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4. What did you learn that was surprising or new in this episode?

5. Answer the quiz questions. Listen again or use the transcript to help you.

1. True or false? The pain you feel during heartbreak is imaginary.
   a) true
   b) false
   c) not given

2. Which part of the brain is activated when you look at someone you love?
   a) the part that we use when in pain
   b) the part that you use to speak
   c) the part that reminds you to eat and drink

3. Which phrase means 'to want more of something all the time'?
   a) addicted to
   b) oriented towards
   c) social bonds

4. Which of these is not a benefit of good social connections mentioned in the programme?
   a) managing stress
   b) supporting immune system
   c) helping you learn a language

5. What does the word 'longevity' mean?
   a) how long you live
   b) how old you are
   c) how much you'll grow

6. Which part of the brain is activated when we experience heartbreak?
   a) the part we use when in pain
   b) the part that reminds you to eat and drink
   c) the part you use when you speak

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6. Write your own sentences using the vocabulary.

7. Answer the following questions.

- What are three things you have learnt from this episode?
- How does this topic make you feel?
- Give three examples relevant to your life using the vocabulary.

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Answers

3.

a. heartbreak – feeling of intense, painful sadness after the end of a relationship

b. addicted to – unable to cut a connection with someone or something because you depend on it or want more of it all the time

c. orientated/oriented towards – focused on someone, so that you think about them before others

d. social bonds – close relationships between family, friends and romantic partners

e. longevity – length of time you will live

f. ex – previous romantic partner

5. 1b, 2c, 3a, 4c, 5a, 6a

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Teacher's notes

This worksheet is standardised so that you can amend and use it as appropriate with your classes.

Some topics may be difficult for learners, especially those which could be upsetting or cause offence. Please be mindful of this when using this worksheet and adapt it as necessary.

Extension activities

- Role-play an interview with an 'interviewer' and an 'expert' on this topic.
- Write a short story or article using the vocabulary from this episode.
- Read original articles on this topic.
- For homework: If it is available in your country, download and listen to the original podcast these extracts were taken from.

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