

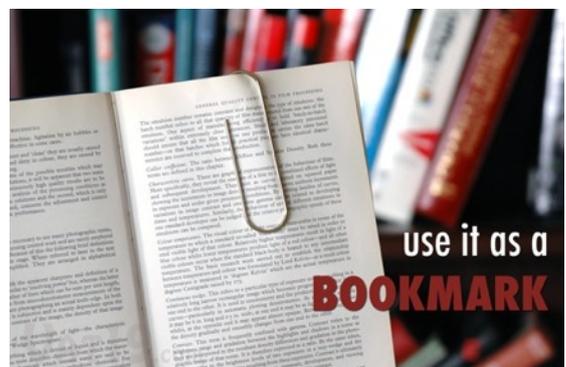
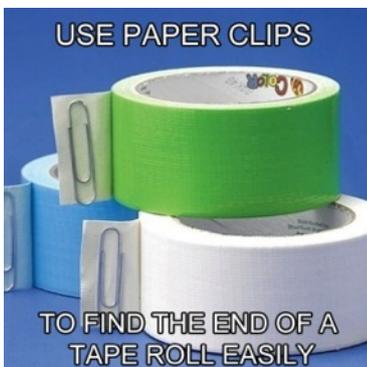
LifeHacks



Imagine you went back in time 20 years. Knowing everything you know today, how would you become a millionaire?

Life hacking refers to any trick, shortcut, skill, or novelty method that increases productivity and efficiency, in all walks of life. It is arguably a modern appropriation of a Gordian Knot - in other words, anything that solves an everyday problem in an inspired, ingenious manner.

In the space below, write down uses for a paperclip:



Look at the following situations. Can you think of simple / ingenious ways to solve them.

A cheap iPod / iPhone dock

An easy way to clean your keyboard

A use for a broken tennis ball

A way to stop water boiling over when cooking pasta

A way to hold your cookbook in the kitchen

A way to remove a scratch from a wooden object

Lifehacking your office:

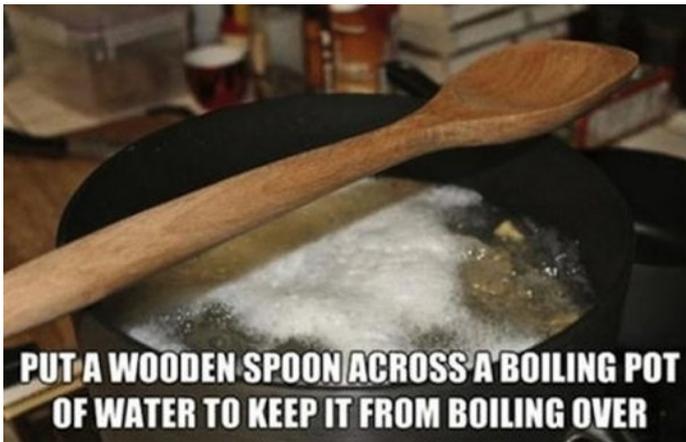
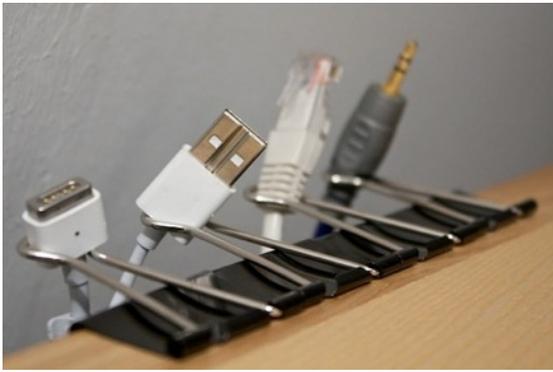
Read the following methods of improving office life. Which ones would you like to implement in your job?

Walking Meetings:

Steve Tobak, a California-based management consultant, recalls the agonizing one-on-one meetings he sat through years ago with a micromanaging boss. But when one day the boss changed tack and asked him to go on walks instead, it transformed their working and personal relationship. "Somehow, when we were outside under the blue sky, getting a little exercise, he lightened up. We got along great after that," Tobak says. "It was amazing." Group meetings where everyone is standing up have caught on in the past few years. But for one-on-one conversations, the trend at forward-thinking firms is to hold meetings while walking. Steve Jobs, the late founder of Apple, Facebook's Mark Zuckerberg and Jack Dorsey of Twitter have all been known to favor walking meetings.

Stand up Desks:

A number of studies have suggested that constantly sitting at work is bad for you. So could workplaces be rejigged around standing up, asks would-be stander Chris Bowlby. Medical research has been building up for a while now, suggesting constant sitting is harming our health - potentially causing cardiovascular problems or vulnerability to diabetes. We can't simply fix it by heading for the gym. This has big implications not just for homes - usually blamed for "couch potato" lifestyles - but for sedentary workplaces too, especially the modern office. But when it comes to the average office, reducing sitting is a huge challenge. It means rethinking architecture, spending a lot of money, changing the office routine. Adjustable sit-stand desks can cost many hundreds of pounds.



PUT A WOODEN SPOON ACROSS A BOILING POT OF WATER TO KEEP IT FROM BOILING OVER



View All Tricks from the Household Repairs Section: itr.li/c/130

Trick Posted By: @kingraffit Author Page: itr.li/a/649

LifeTricks



NEED AN INEXPENSIVE COOKBOOK HOLDER?

TRY A PANTS HANGER



wikiHow

ESL Right Now (c)

Answer Key - LifeHack

Ways to become a millionaire knowing everything you know 20 years ago

This questions has yielded a lot of interesting responses, many of which create more debate. I have listed some of these options below, you may well wish to debate these with your group as well:

Invest in global companies (Google, Amazon, Facebook)
“Invent” Facebook / Twitter / YouTube
Set up a TV production company - create popular TV shows
Bet on sports results - World Cup, Superbowl etc
Learn Computer Sciences

Uses of a Paperclip

Clean fingernails	Lock picker
Belt holder	Ariel for radio
Jewellery	Bank note holder
Toothpick	Balloon popper
Fuse replacement	Sun dial
Fish hook	Keyboard cleaner

LifeHack Lesson Plan - Teacher's notes

A creative lesson for your students to learn about and discuss the topic of LifeHack - simple solutions so help solve everyday problems. The participants will look at a variety of creative exercises, discussing the different uses of a paperclip to then coming up with their own LifeHacks, with a concluding reading text based on LifeHacks in business.

Important information:

Aim: to improve participant's speaking and decision making language

Level: Pre-Intermediate to Advanced

Length of Lesson: Minimum 90 minutes

Number of Participants required: Any number

Lesson Plan Stages

1) Begin by telling your participants that today's session will inflame their creative sides. Begin by handing out page 1 of the worksheet or writing the question next to the lightbulb at the top of page 1 on the board.

- Group participants and together ask them to come up with different solutions.
- Feedback as a class, discussing the pros and cons of each suggestion.

NB: An interesting role for the trainer here is to play devils advocate. We're looking for a sound way to become a millionaire. The most typical answer given is to "invent Facebook." When this comes up, ask them to explain the technical aspects of how Facebook works. Normally they come unstuck and it is an interesting discussion: "We know what Facebook is, but can we really invent it?" They need to think of something that they can do, remember they only have what they know in their heads and won't have access to the internet or other modern technologies that weren't available 20 years ago.

2) Then write "LifeHack" on the board and ask the participants to try and define it. Then, hand out page 1 of the worksheet (if you haven't done so already) and read through the definition, below the light bulb, as a class. Basically, a LifeHack is a simple solution to an everyday problem.

3) To illustrate the point of a LifeHack further, guide the participants to the three pictures at the bottom of page 1. Discuss what the problem and solution is for each picture

Picture 1:

Problem: Cannot find the end of the tape

Solution: Stick a paperclip at the end of the tape

Picture 2:

Problem: The zip on your jacket breaks

Solution: Hook a paperclip around the broken zip

Picture 3:

Problem: Don't have access to a bookmark

Solution: Use a paperclip as a bookmark

4) Pair / Group the participants. Give them 10 minutes to come up with as many uses for a paperclip as possible. Create a challenge, where the group with the most uses receives a prize. After 10 minutes, ask each group how many uses they have and then ask the group with the most to explain their uses. Discuss the pros and cons of the different uses as a class and encourage each participant to give a use.

5) Explain that these uses are all examples of LifeHacks and emphasise again that they are simple (often cheap) solutions to common everyday problems.

6) Then, as a class, read through the top of page 2:

Look at the following situations. Can you think of simple / ingenious ways to solve them.

A cheap iPod / iPhone dock

An easy way to clean your keyboard

A use for a broken tennis ball

A way to stop water boiling over when cooking pasta

A way to hold your cookbook in the kitchen

A way to remove a scratch from a wooden object

The participants' task is to create LifeHacks for the everyday situations mentioned above. Encourage the participants to come up with at least one solution for each situation. Group them into threes or fours and give them ample time to produce ideas. Monitor and make sure discussions are in English. As a trainer, you can go round each group and ask them to report on one or two of their ideas during the discussion stage.

- Feedback of ideas can be done one of two ways:

- a) As a whole group

- b) Pair the groups up and ask them to explain their ideas to the other group.

- Elicit some of the more creative ideas and give language correction feedback.

- Then hand out page 3 (the picture worksheet) and explain that these are some other peoples' ideas for the LifeHacks. Please note that picture 1 is not one of the situations, just a nice idea. Ask participants to prioritise from 1 - 7 of their favourite LifeHacks.

7) The next task is to look at the participants study or work area. Put the participants into pairs. One participant must explain the layout of their office to their partner, who must draw the office on a blank piece of paper. The language element is to focus on explaining a layout as well as asking for, confirming and checking information.

The participant describing their layout must not be able to see what the other person is drawing. If they are unsure, they must ask questions and not simply look at the drawing. When the drawer has finished, switch roles. Then when both have described and drawn the layout, they show their drawings to each other and correct accordingly.

8) Read through the two texts on page 2 and discuss the unknown vocabulary in them. Discuss the pros and cons of the two ideas as a group.