



MC Academy

OCTOBER



# Newsletter

OUR MISSION:  
Motivate - Support - Guide

# *How to write a tongue twister*

In August's newsletter we looked at how to write a haiku.

This month we will learn how to write a tongue twister!

Have you ever tried to say a tongue twister? Tongue twisters are forms of wordplay, and the challenge is to say them out loud as quickly and accurately as possible. They are a great way to practise your pronunciation, and they can be a lot of fun too, especially if your teacher turns them into a game!

Here are some common tongue twisters that you may have heard before:

*How much wood would a woodchuck chuck  
If a woodchuck could chuck wood?*

*She sells seashells on the sea shore.*

*Betty bought a bit of butter,  
But the butter Betty bought was bitter.*

Try to say those out loud to yourself as fast as you can – it isn't easy! Even native speakers find these difficult!

You can create your own tongue twisters too. The easiest kind of tongue twister to write is one that uses **alliteration**, where the words you use all have the **same first consonant sound**. A classic example of this is:

*Round the rugged rock, the ragged rascal ran.*

You will notice that most of the words in this sentence start with the letter "r". However, what makes the sentence a tongue twister is not just that the words start with the same consonant sound, but that they have different vowel sounds as well: /rʌʊ/ in *round*, /rʌ/ in *rugged*, /rɒ/ in *rock*, and /rɑ/ in *ragged* and *ran*. Moreover, *rugged* and *ragged* are so similar that it's easy to get them mixed up.

You can create your own alliterative tongue twister by following these steps:

1. Pick a consonant
2. Write down as many words as you can think of that start with that letter. The more alike they sound, the better.
3. Make up a sentence that uses as many of your words as possible.

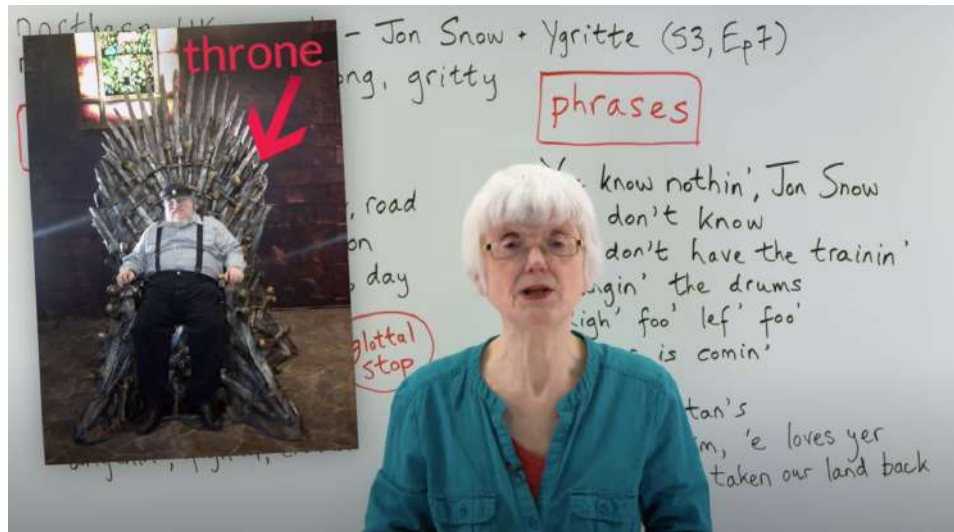
So, can you write a tongue twister?

Have a go and then challenge your teacher and fellow classmates to say it as quickly as possible

# Viral Videos

Did you know, learners are much more likely to remember English if they watch, listen and learn through videos? Also, it can be a lot more fun! Find clips that help you to study grammar, a specific language skill or even just to relax or laugh. Below is a selection of three videos that you might find useful on your language learning adventure: a lesson on accent, pop music for learning and a food challenge

## Learn English with Gill - Learn to speak like Jon Snow & Ygritte from Game of Thrones



Follow the link: <https://www.youtube.com/watch?v=Fmcv0BCKhfQ>  
Feel free to use subtitles (CC) if you need to!

Yer gunna learn a lot in this video if you pay attention. Whether you like Game of Thrones or no', Gill can teach you a thing or two about the Northern accents of England. In this video, she demonstrates how some letters just go missing completely and the all important glottal stop. **Before you watch, have a think about what you know about some British accents. Then when you have finished watching the video, try and use the glo'l stop in your next class.**



## Twenty One Pilots - Stressed Out



Follow the link: <https://www.youtube.com/watch?v=Rf4euAs7LY8>

Twenty One Pilots, Tyler and Mike, a duo from Ohio USA, like to sing both raw and modern pop. The lyrics of this song, *Stressed Out*, are told in the first person with the story being told by both the character Blurryface (a representation of Tyler's insecurities) and an anxious Tyler feeling intense childhood nostalgia. The song is primarily about a wish to regain the innocence and carefree nature of his childhood before insecurities (i.e. Blurryface) existed. Listen and consider: **What did they do/think in their childhood? How is it different now? How do we use 'used to' and 'would' in this situation?**

## BBC Stories - Why your local 'Indian' isn't actually Indian



Follow the link: <https://www.youtube.com/watch?v=GA695CadJuk>

Did you British people like it spicy too? It's not all fish, chips and burgers, you know. And did you know that in Britain we have our own kinds of curry? In this video by the BBC, the British fascination with curry is explained with different opinions. **Before you watch, ask a teacher if they like spicy food. How many different countries do they talk about in the video? Have you been to any of them?**

# Not-so-normal News

Rescuing bears from trees? Running marathons in the garden? Learning three languages at once!? Below, you'll find a recent news article that might baffle you or may even restore your faith in humanity.

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## Family buy second hand caravan and discover hidden message left for them inside

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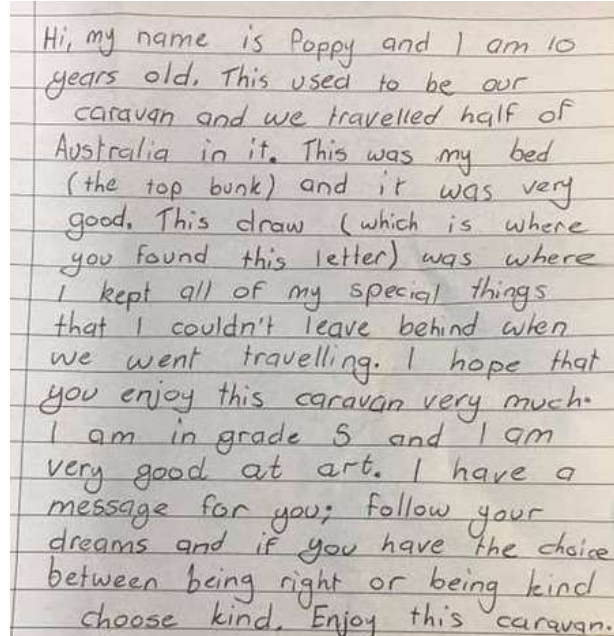
A family who bought a caravan discovered a heart-warming note left for them by one of its previous owners. As they prepared to head out on their first ad-

venture, the family from Brisbane found a handwritten message left in one of the drawers from a 10 year old girl named Poppy. It was hidden away next to her bunk bed along with a white bracelet and was addressed to anybody who took over the caravan from her own family. It was shared on the Facebook group ABC Adelaide, racking up more than 5,000 shares as people loved Poppy's positive message.

One said: "Wise words Poppy - for then, for now & for always." Another replied: "Poppy you're a legend. May all your dreams come true with much love, health and all the kindness and happiness of the world."

Others shared their own experiences of finding similar inspiration messages from strangers, including a supermarket worker who shared a picture of a card she received while working during the coronavirus pandemic. It contained a scratch card with a message saying that luck isn't needed, only "love from the ones who matter most".

Follow this link to the original report and videos: <https://www.mirror.co.uk/>





# Keep Calm During Covid



## What are you grateful for?

Whether you are thankful for warm sunshine on a cool day, or you're grateful that you have enough money to pay the bills this month, paying attention to the good things in your life is guaranteed to make you feel happy. But the immediate rush of positivity isn't the real benefit – gratitude has long-lasting positive effects as well.

Studies show that when you make gratitude a regular habit:

1. **You'll develop new friendships.** Expressing gratitude increases social bonds, according to a 2014 study. When you show that you're thankful, people are likely to see you as a friendlier person.
2. **You'll be physically healthier.** A 2011 study found that grateful people sleep better. Other studies have found that grateful people are more likely to exercise and get regular check-ups, which can help them live longer, healthier lives.
3. **You'll experience improved psychological well-being.** A 2003 study found that gratitude reduces toxic emotions, like envy and regret, while increasing happiness and reducing depression.
4. **You'll build mental strength.** A multitude of research studies have linked gratitude to better coping skills and an improved ability to manage stress.

How can you bring more gratitude into your life? Here are some suggestions:

1. **Make a gratitude jar.** Every day, write something you are grateful for on a piece of paper and put it into a jar. At the end of the year, read all of the things you wrote to see what an amazing year you had.
2. **Start a gratitude journal.** Spend a few minutes each day writing down the things you're thankful for.
3. **Create a gratitude ritual.** Talk about what you're grateful for at the dinner table or make it a habit to tell your partner what you're thankful for before you go to sleep.
4. **Make a gratitude wall.** Write down the things you're grateful for on sticky notes and put them on a designated area on the wall (or a door or a mirror) so you can be reminded of all the good things you have in life.
5. **Write one thank you note per day.** Decide that you're going to write emails or thank you notes to people. Thank your service providers, strangers, and friends and family alike.

Adapted from:

<https://www.psychologytoday.com/gb/blog/what-mentally-strong-people-dont-do/201801/how-incorporate-more-gratitude-your-life-year>



## Idiom Corner ..IN

THIS PART OF THE NEWSLETTER WE ARE CHALLENGING YOU TO LEARN SOME NEW IDIOMS! IDIOMS ARE USEFUL EXPRESSIONS THAT ARE OFTEN USED BY NATIVE SPEAKERS.



Here's another [great short video](#) for you to brush up on your idioms!

**Age** is the theme for this month's video. Who knows their rackets from their helmets?

Can you guess the **three phrases** from the video in **15 seconds**?

Try to use them in your next class and impress your teacher!

Did you find last month's idioms related to **sports**?

[Keep your eye on the ball](#)- to stay alert and close attention

[Saved by the bell](#) - recused from doing something difficult before you have to do it

[To win hands down](#)- to win very easily



# JOKE JUNCTION

DO YOU KNOW ANY ENGLISH JOKES? SEE IF THESE JOKES BELOW MAKE YOU LAUGH!

**Waiter, waiter, will the pancakes be long?**

No, sir. Round.

### EnglishClub TIP

This pun is a play on the adjective "long", which has several different meanings, including:

**long** (adjective)

- 1) lasting or taking a great amount of time
- 2) measuring a great distance from end to end

### Wordchecker

**pancake** (noun): a thin, flat cake, usually circular or round in shape

**round** (adjective): circular, not square or rectangular

**Teacher: You should have been here at 9 o'clock**

Student: Why, what happened?

### EnglishClub TIP

This pun relies on the different uses of the modal auxiliary "should". Two of these uses are:

**should** for obligation

If a policeman says to you "You should be wearing your seat belt", it means that the law requires you to wear your seat belt in the car.

**should** for advice

If your friend says to you "You should see the new James Bond film", it means that he thinks it would be a good idea and you would like it.

The student thought the teacher was offering advice.

**Puns** are a popular form of "**play on words**" and schoolchildren of all languages enjoy them. See if you can understand these **puns below!**

**Do you know any better jokes?...**

Send them into [harrylhargreaves@gmail.com](mailto:harrylhargreaves@gmail.com) and we'll show them in next month's newsletter!





## This month: Mona Lisa

The **Mona Lisa** is a painting by the Italian artist **Leonardo da Vinci**.

### Who was Mona Lisa?

Unfortunately no one is sure of the true identity behind the famous Mona Lisa **portrait**. Many believe that the portrait is of Lisa del Giocondo, while others think that perhaps it is a portrait of Da Vinci's mother. The question of the portrait's identity has created intrigue about the painting, and for centuries many have wondered just what inspired her mysterious smile.



### Why is it so famous? Is the Mona Lisa overrated?

We can probably agree that it is a beautiful painting, but some people may ask themselves... why do people like this painting SO much? How did it become so famous? Well, the truth is, the Mona Lisa didn't become famous because it was the most amazing painting anyone had ever seen, it was actually stolen and missing for many years and has a very interesting story. Watch this video to know what happened!

<https://www.youtube.com/watch?v=d2wy7Fp2fqw>

### What do you think? Is the Mona Lisa overrated?

Adapted from study.com and Vox

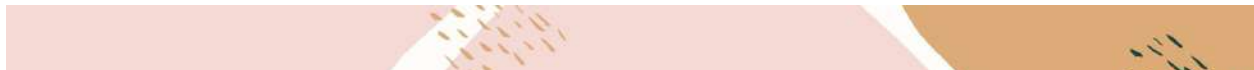


#### How the Mona Lisa became so overrated

Vox 3.2M views · 3 years ago

It's not just the smile. There are a few real reasons **Mona** is so famous. Vox's Phil Edwards looked into it... Follow Phil Edwards ...

Subtitles





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