



The Boston School's April 2020 Newsletter

Bringing "the cozy factor"

Normally as a business English teacher for adults at their workplace, I have kept my emotions and personal stories separate from my teaching, staying focused on helping others to produce effective, professional business communication.

However, in this newsletter, I am giving myself the liberty to share my own personal stories as I imagine many readers are at home right now. I hope you are feeling cozy rather than stressed! And if not, I hope I can help you to unwind.

I often encourage students to use their own experiences in class to make communication come alive. This time, I am starting out first. Hope you will find the vocabulary in my stories challenging and the purpose behind them meaningful.

Best wishes,

Rose

Adding a smile to your day



For all you teachers out there and those who may currently be learning or working online, here's a cute [clip](#) I'd like to share. You may find it frustrating and amusing all at the same time, but hope you'll enjoy it!

Are there any other comical skits or songs you'd like to share on our [facebook page](#)? There's so much lockdown-related material out there now. I'd love to see some added to our page!

Storytelling: great for children and adults



Recently, I purchased a children's book for my friend's daughter who has just turned

4. It's coincidentally enough about two children stuck at home with nothing to do! It is called "The Cat in the Hat" by Dr. Seuss. And I promise - I had chosen that book long before the lockdown began. I swear!

I have fond memories of reading picture books out loud to myself when I was little, in particular, several "Dr. Seuss" books. Because of their rhyming words, interesting characters and clever stories, they captured my imagination. And I must admit, I love having the chance to read them to children still today. It's a way to release the secret amateur actress in me and feel like a kid again!

During lockdown, though, I wanted to find a way to tell the story to Sofi (the 4-year old) myself. So, I recorded myself reading "The Cat in the Hat" and forwarded it on via e-mail. I had already dropped off the book at her home, saying a quick and safe social-distancing hello at her door.

And then it dawned on me - maybe it would be a good idea to share it with you, too. Perhaps you might like to copy this idea or even use my recording to entertain your own kids/grandkids for 10 minutes or so?

[Feel free to take a listen.](#)* If you like it, I would highly recommend [purchasing the book yourself](#) and reading it to any child ages 4-10 eager to learn English. It's great English speaking practice for you and lends a good opportunity to teach English to a young child. Who knows? Maybe someday they'll be willing to read it back to you!

P.S. I am available to read this or any other English storybook to your children during the lockdown period for free. All you need to do is send me a copy of the book and we can arrange an online Zoom call storytime! [Contact me now about this special offer.](#)

** Permission from the publisher to share this with you has been granted.*



Breathing in times of stress

Breathing properly under stress is a skill that all of us can benefit from. During the COVID-19 pandemic, we hear about the life threatening breathing difficulties patients are experiencing. We also know that in stressful situations, we tend to hold our breath, which can eventually cause physical as well as mental illnesses.

Stig Severinsen, shown in the picture above with the dolphin, is the Guinness Book of World Record holder for the longest breath hold underwater (over 22 minutes long). He recently participated in 3 interviews with Per Bristow, an online singing coach, that lasting over 2 hours. In them, he shared his knowledge about breathing and how controlling it can bring calmness and focus. Unfortunately, this interview was available for only a short time to a limited audience. While watching them myself, I noted down 100 key terms he used so I could add them to my Quizlet classes. If you also want to read more about Stig Severinsen, I would encourage you to visit [his breathology website](#).

In the meantime, here are the links to the Quizlet B2/C1 classes which include the 100 key words under the titles "Human Biology and Breathing". I think this vocabulary could come in handy some day for you.

[B2-C1 English-English list](#)

[B2-C1 English-German list](#)

FYI - By opening up a free account in Quizlet, you can access these virtual flashcard sets and many more.



A Personal Story in Lockdown

As I said, I would like to share [a personal life story](#) of my experiences during the lockdown. This story is dedicated to my all-time best friend from home, Ellen, and is 100% non-fiction.

By hyperlinking B2 level words used in my story to an online translator, I hope you find this story easy to understand.

I have also added words used in this story to the B1/B2 Quizlet class below

[B1-B2 English-German list](#)

Warning: it is a bit of an emotional story.

We are offering more and more tailored solutions that fit your hectic lives.

In addition to offering support in preparing sales presentations to our business clients, we will be adding 1 and 2-month e-mail writing support. The concept is simple. Send us e-mails you have already written and we will review and offer feedback regarding tone, formality, word choice and grammar points. Exercises will be created to reinforce the lessons learned and you'll have sample e-mails that you can later refer to and use in the future.

[Why not book your first free online session today to determine if we have the solution right for you?](#)

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