

# The Science of Gift-Giving

Upper-intermediate (B2-C1)



## WARM-UP

### Part 1. Discuss the following questions.

1. Are you more of a "thoughtful planner," a "last-minute buyer," or a "gift-card person"?
2. What is one gift you have loved giving?
3. What is a gift mistake you've made (wrong size, wrong style, wrong person...)?
4. Do you enjoy choosing gifts, or is it stressful for you?

### Part 2. Read the four quotes below. Choose one that resonates with you most and explain why.

**"We make a life by what we give."** – Churchill

**"It's not how much we give, but how much love we put into giving."** – Mother Teresa

**"The manner of giving is worth more than the gift."** – Corneille

**"Gifts are never about the object — they're about the story."**



**Part 3. Read the short dialogues and guess what the bold words and expressions mean. Then say whether you agree, disagree, or partially agree with each idea.**

1. "Choosing gifts forces me to practise **perspective-taking**."

"Exactly. You have to think beyond your own preferences."

2. "When a gift creates a **shared experience**, the memory lasts longer."

"Like concerts or classes — they bring people closer."

3. "A **thoughtful gift** shows someone really listened."

"Yes — it feels personal."

4. "I think gifts with **emotional memory** matter more than expensive ones."

"Completely agree."

5. "Sometimes choosing a gift improves my **attention** and focus."

"True. You start noticing tiny details."

## VIDEO ACTIVITY

**Part 1. You're going to watch a video called "The Science of Gift-Giving." Before watching, discuss the following questions.**

1. What makes someone a "good" gift-giver?
2. Do you think gift-giving is more emotional or practical?
3. Why do people sometimes struggle to choose gifts?

**Part 2. Watch the video "The Science of Gift-Giving."**

**Part 3. Discuss the following questions based on the video.**

1. According to the video, why does gift-giving build empathy?
2. Which idea made the most sense to you — listening, perspective-taking, or shared experience?
3. Do you agree that emotional memory makes gifts more meaningful?
4. What examples from your own life match the science in the video?
5. Do you think people give gifts to show love, to feel appreciated, or for other reasons?

## SPEAKING

### Part 1. Use your own ideas to complete the sentences below.

- Perspective-taking helps gift-giving because...
- A shared experience is memorable when...
- A thoughtful gift shows that the giver...
- Emotional memory matters when...
- Paying attention to someone's interests shows...

### Part 2. Choose one option and explain your choice.

<b>A practical gift</b>	or	<b>A sentimental gift</b>
<b>An experience</b>	or	<b>A physical item</b>
<b>Something expensive</b>	or	<b>Something meaningful</b>
<b>A surprise</b>	or	<b>Something they asked for</b>
<b>Handmade</b>	or	<b>Store-bought</b>

### Part 3. Discuss the questions about real-life gift fails.

1. What do you do when someone gives you a gift you don't like?
2. What about when you already have the item?
3. Have you ever pretended to love a gift?
4. What's the funniest or strangest gift you've ever received?
5. Have you ever given someone a gift that didn't land well?

#### **Part 4. Discuss the questions below.**

1. How do you decide whether a gift is meaningful or not?
2. What motivates people to give gifts in your culture?
3. How does empathy change the way we choose gifts?
4. Are gifts necessary for strong relationships?
5. Can bad gifts teach us something?

#### **REFLECTION**

**Complete the sentences with your own ideas.**

- A gift I'll never forget is...
- Someone I'd like to choose a thoughtful gift for this year is...
- One thing I've learnt about gift-giving from this lesson is...

