Wellbeing English — It's the Thought That Counts

Canva Presentation: https://canva.link/t4npvdu3kis713z
Customisable Canva Presentation: https://canva.link/kwagc5xjt0dxf4f

Part 1. Imagine you're unwrapping each of these. Choose two you'd be genuinely over the moon with, and two you'd have to put on a brave face for. Explain why.

Socks	A self-help book
A gym membership	A scented candle
A gift card	Something handmade
A donation to charity in your name	An experience, such as a cooking class
A framed photo of the person giving it	Something with the price tag still on

Part 2. Which kind of gift-giver are you? Which one describes someone in your life? And which one would you secretly like to be?

The Planner *Buys presents in July, keeps a list on their phone and has everything wrapped by early December. Slightly smug about it.*	**The Last-Minute Dash** *Heads out on the final evening and comes back with whatever's left: chocolates, a candle and a slightly random mug.*
The Practical One *Gives things you actually need: kitchen knives, a phone charger, a good umbrella. Useful, if not exactly exciting.*	**The Over-the-Top One** *Always goes overboard. Their presents are wonderful, but they make everyone else's look like a token gesture.*

Part 3. Discuss the questions.

- Who's the hardest person in your life to buy for, and why?
- How do you feel when someone spends much more on you than you spent on them?
- Are gift cards a thoughtful choice or a lazy one?
- What are the unwritten rules about presents in your family or culture: who gives, when, and how much?
- Do you open presents in front of the person who gave them? What happens if you don't like it?

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Part 4. Thoughtful, thoughtless, or it depends? Tick one for each, then explain the ones that depend on the person or the situation.

	Thoughtful	*Thoughtless*	*It depends*
Cash in an envelope			
Something straight from their wish list			
A present you were given and never used			
The same perfume every year			
A joke present			
A donation to charity in their name			
A handmade card and nothing else			

Part 5. Which would you rather give, or get? Choose one in each pair and explain why.

Something they asked for	*or*	a complete surprise
An experience	*or*	a thing you can keep
One big present	*or*	lots of small ones
Secret Santa	*or*	everyone buying for everyone
Beautiful wrapping paper	*or*	a gift bag and done

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Part 6. What would you do? Choose an option or come up with a better one.

Your office Secret Santa has a £10 limit. The colleague who drew you has clearly spent about £50, and you bought them a box of chocolates.

1. *Say thank you and leave it at that.*
2. *Laugh about it and admit you stuck to the limit.*
3. *Quietly buy them a little something extra next week.*
4. *Gently point out that there was a limit for a reason.*

Your partner's mother gave you a jumper you wouldn't be seen dead in. Two months later, she asks, "Have you been wearing it?"

1. *Say yes and change the subject.*
2. *Wear it the next time you visit, just to show willing.*
3. *Be honest, but tactful, about it not being your style.*
4. *Say it's a bit too nice to wear every day.*

You're about to regift a candle at a party, and then you notice the original gift tag is still inside the box, with the giver's name on it. She's standing right next to you.

1. *Slip it back into your bag and give something else later.*
2. *Hand it over and hope nobody opens it here.*
3. *Own up straight away and laugh it off.*
4. *Swap the tag in the bathroom and carry on.*

Part 7. What makes a really great present? Number your top three and explain your choices. Which one do you usually get wrong?

It shows you've been listening		It's something they'd never buy themselves	
It's useful		It's a complete surprise	
It cost a lot		It's handmade	
It creates a memory		It's beautifully wrapped	

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Part 8. Read the two views. Which is closer to your own? What would you have to concede to the other side?

Viewpoint A	**Viewpoint B**
Choosing a present is one of the clearest ways to show someone you know them and you've been paying attention. It's not about money. Done well, giving is a small act of love.	*Most present-giving is obligation dressed up as generosity. We spend money we don't have on things nobody needs, because adverts and tradition tell us to. Most adults would be happier if we all just stopped.*

Part 9. Do you agree, disagree or partly agree? Explain why.

- Regifting is perfectly acceptable, as long as you don't get caught.
- You can tell how well someone knows you by what they buy you.
- Asking for a gift receipt is a bit rude.
- Adults should stop exchanging presents and spend the money on time together.
- The best presents don't cost a penny.
- You should never look a gift horse in the mouth.

Part 10. Tell the story of the best or worst present you've ever been given, or given someone else.

Think about:

- Who it was from, or for, and what the occasion was
- Your reaction, or theirs, when it was opened
- What happened to it afterwards
- What it says about the person who chose it

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Reflection

Complete the sentences in your own words.

1. The best present I've ever been given was..., because...
2. As a gift-giver, I'm...
3. The person I find hardest to buy for is...

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