**STUFF**

What things would you pack for your summer holiday?

**Video:**

* to fit (the chair doesn’t in my bag)
* to take out (I took a pen out of my bag)
* to pack a suitcase
* to swap (I swapped the shirt for a t-shirt)
* pick up (I picked up the pen)
* throw away (I threw away the coke can)
* to choose (I chose the red shirt)
* to do eeny-meany-miney-mo
* to realise (I realised I had forgotten my passport)
* to squeeze (I squeezed the toothpaste)
* to snap in half (He snapped the pencil in half)

What objects do you use every day?

What is your favourite everyday thing?

Which thing do you think you use most often?

What would your life be without it?

**Match:**

a small thing on the floor outside your house where you clean your shoes radiator

a portable, foldable table with heat resistence surface for doing a specific chore hanger

a metal or wodden thing you use when you put your dress or suit in the wardrobe slippers

the cloth which people put on their floor to make the room warmer door handle

you must touch it if you need light in a room crutches

a large metal object used for heating rooms scales

a tool used for making holes in wood or teeth door mat

you need these to walk if you have a broken leg carpet

an attached object or mechanism used to manually open or close a door switch

you wear them on your feet when you are at home ironing board

you use these to weigh things drill

**Complete the sentences:**

If you want to smoke, you'll have to use matches. I left my \_\_\_\_\_\_\_\_\_\_ in the car.

I need \_\_\_\_\_\_\_\_\_\_\_\_ when I want to open a bottle of wine.

I’m looking for \_\_\_\_\_\_\_\_\_\_\_\_ when I want to clean between my teeth.

The Chinese use \_\_\_\_\_\_\_\_\_\_\_\_\_ to pick up food.

Hold the\_\_\_\_\_\_\_\_\_\_\_\_\_ when you go down the stairs. They are very steep.

If you want to smoke, you'll have to go outside; I don't have an \_\_\_\_\_\_\_\_\_\_\_ for your cigarette ends.

I want to hang this picture on the wall. Do you know where the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is?

Pull the plug out of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_. The phone battery is full again.

Do you have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_? My shoes are hard to put on without it.

After you have taken a shower you need a brush or a \_\_\_\_\_\_\_\_\_\_ to make your hair tidy.

**How to speak about things when you don’t know what they are called.**

* *It’s long and thin… (shape - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)*
* *It looks like …. (similar to)*
* *They are made of… (material - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)*
* *It’s used for… (purpose-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)*
* *It’s something you use when …. (situation)*

**Listening:**

**Alice** Hello and welcome to 6 Minute English. I'm Alice…

**Rob** And I'm Rob. Now, Alice, what did you get up to at the weekend?

**Alice** I did some **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, which means cleaning a place very well, especially places you don't clean often. So, I was tidying up my wardrobe, trying to organise things… and suddenly hundreds of \_\_\_\_\_\_\_\_\_ tumbled on my head!

**Rob** Poor Alice! But why do you have so many shoes? And why do you keep them at the top of your wardrobe? I only have \_\_\_\_\_\_\_\_\_ pairs.

**Alice** I like to match my shoes to my outfit – and three pairs wouldn't do the trick. Well, the subject of today's show is having too much stuff. And you're making me feel guilty, Rob. You must have too much of something.

**Rob** Yes, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ I think they're useful, but they're getting **out of hand** – and that means not under control. They're taking over my kitchen!

**Alice** You can recycle plastic bags, you know, Rob?

**Rob** Well, you can recycle shoes too, you know, Alice!

**Alice** Yes.

**Rob** Now, usually I don't have a lot of **clutter** in my \_\_\_\_\_\_ – and that means an untidy collection of objects. Clutter makes it harder to find the things you need. And it makes moving house a nightmare! All those \_\_\_\_\_\_\_ full of things you don't need…

**Alice** Good point. I have a friend who suggested the three buckets system. You sort things into three \_\_\_\_\_\_ buckets: one you label as 'to keep', one as 'to get rid of', one as 'maybe to get rid of'. **Get rid of**, by the way, means to remove something you don't want. It's the 'maybe' bucket that's tricky, isn't it? – You never know if you might need something in the \_\_\_\_\_\_\_\_\_\_.

**Rob** Yes, it would need to be a big bucket too.

**Alice** Yes, it would.

**Rob** Well, l think we could all live better with \_\_\_\_\_. OK, well, let's have today's quiz question before we talk more about de-cluttering our lives: So which word, Alice, means a belief that physical possessions are the most\_\_\_\_\_\_\_\_\_ thing in life? Is it…
a) metaphysics? b) materialism? Or c) existentialism?

**Alice** OK… I think it's b) materialism.

**Rob** OK. Well, we'll find out if you got the answer right or wrong later on in the show. Now let's listen to Bea Johnson, author of Zero Waste Home talking about how she and her family have adopted a **minimalist** – or deliberately simple – lifestyle in their \_\_\_\_\_\_\_\_\_\_\_\_\_ home.

**INSERT Bea Johnson, minimalist and author of Zero Waste Home**We've really asked ourselves 'what is it that we really need?' We've asked really true questions, and evaluated every single thing that we have. There is nothing that we overlooked. I even came to one day look at my vegetable peeler for example and asked myself, 'Do I really need that vegetable peeler'?

**Rob** So one day Bea Johnson decided to **evaluate**, or to judge the importance of something, to see if she needed it.

**Alice** She evaluated her vegetable peeler and decided to put it in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bucket!

**Rob** Yes, and to **overlook** something means not to see it. Now, I don't blame Bea at all because I don't like peeling vegetables either. And you could actually get the benefit of the vitamins and minerals by eating the \_\_\_\_\_\_\_\_\_\_\_\_.

**Alice** Very healthy, Rob!

**Rob** We can really live with fewer things. But some people can't help looking for the latest version of something or go for designer goods. Writer and journalist James Wallman warns us about this. He wonders how much stuff is too much.

**INSERT James Wallman, writer and journalist**This thing about need is such a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ term because what do you need? And I'm not anti-stuff – stuff is good. I'm anti too much stuff and I'm anti the \_\_\_\_\_\_\_\_\_\_\_wrong stuff. Don't go out and buy that labelled good that you think is going to make people think something more of you. That's not going to make you happy.

**Rob** James Wallman there. Now, Alice, do you buy labelled goods?

**Alice** I'm \_\_\_\_\_\_\_ I do. And **labelled** goods or products are the ones with a famous brand name, like Gucci, Dior, Prada etc. But I do think James Wallman is right – buying things just because other people have them, for example, doesn't make us happy.

**Rob** Yeah, that's true, but as he says, not everything is the wrong stuff. For example, I'm very fond of my large schoolboy collection of \_\_\_\_\_\_\_\_\_\_\_\_ comics. I might not need them, but they make me happy. So what stuff makes you happy, Alice?

**Alice** Oh, well, I like my \_\_\_\_\_\_\_\_\_\_ and my books – even though I've got the music on an mp3 player and I don't often pull a book out from the bookcase.

**Rob** They have **sentimental value**, don't they?

**Alice** Yes

**Rob** And that means the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of something because of a personal or emotional feeling that we attach to it. Well, I sold all my music CDs online ages ago.

**Alice** That sounds like the sensible thing to do. OK, I think it's time for the answer to today's quiz question, Rob.

**Rob**Yes, I asked you: Which word means a belief that physical possessions are the most important thing in life? Is it… a) metaphysics, b) materialism or c) existentialism?

**Alice** I said b) materialism.

**Rob**And you were right, Alice! \_\_\_\_\_\_\_\_! The answer is indeed b) materialism. This is the word used to refer to a desire for material things and wealth and little or no interest in ethical values. Now, can we hear the words we learned today please, Alice?