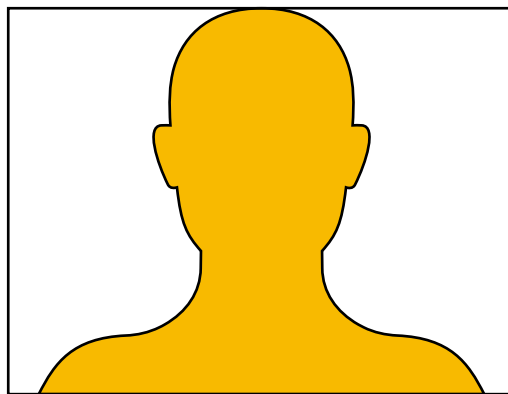


**Exercise 1:**

**Who are you?**

*Complete Exercise 1 first, before going any further--  
Talk about your answers with a partner 5/10 mins*

Who are you? .....



Where were you born? \_\_\_\_\_

Are you married? \_\_\_\_\_

Do you have children? \_\_\_\_\_

What is/was your job? \_\_\_\_\_

What did you want to be(job) as a child? \_\_\_\_\_

What was the last book you read? \_\_\_\_\_

What object would you rescue if your house was on fire? \_\_\_\_\_

What do you expect of yourself? \_\_\_\_\_

What do you expect out of your life? \_\_\_\_\_

**Exercise 2: Match these key words from the text with their meaning.**

*to suspend*      *several*      *a pail*      *to deform*      *origin*      *a corpse*      *to hang(4)*  
*a beam*      *to sprinkle*      *to slaughter*      *euphemistic*      *to lay out*      *to squander*

1. \_\_\_\_\_ is a word or phrase that makes something unpleasant or embarrassing seem more acceptable than it really is
2. \_\_\_\_\_ is a place or situation from which something comes; the cause of something
3. \_\_\_\_\_ is more than two but not very many
4. \_\_\_\_\_ is to kill somebody, usually as a punishment, by tying a rope around their neck and allowing them to drop; to be killed in this way
5. \_\_\_\_\_ is a long piece of wood, metal, etc. used to support weight, especially as part of the roof in a building
6. \_\_\_\_\_ is to kill an animal, usually for its meat; to butcher
7. \_\_\_\_\_ is to attach something from above so that the lower part is free or loose
8. \_\_\_\_\_ is to prepare a dead body to be buried
9. \_\_\_\_\_ is a dead body, especially of a human
10. \_\_\_\_\_ is to shake small pieces of something or drops of a liquid on something
11. \_\_\_\_\_ is a bucket (old fashioned)
12. \_\_\_\_\_ is to waste money, time, etc. in a stupid or careless way
13. \_\_\_\_\_ is to change or spoil the usual or natural shape of something

**Exercise 3: Find and highlight the keywords in the text (see example: **origin**)**

## Exercise 4      Read the article and complete the questions on page 4

### To Kick the Bucket

To kick the bucket is an English idiom, considered a euphemistic, informal, or slang term meaning 'to die'. Its **origin** remains unclear, though there have been several theories.

A common theory is that the idiom refers to hanging, either as a method of execution or suicide. Its earliest appearance is in the *Dictionary of the Vulgar Tongue* (1785), where it is defined as 'to die'. In John Badcock's slang dictionary of 1823, the explanation is given that "*One Bolsover having hung himself from a beam while standing on a bucket, kicked this vessel away in order to pry into futurity and it was all UP with him from that moment: Finis*".

The theory favoured by the OED relates to the alternative definition of a bucket as a beam or yoke that can be used to hang or carry things on. The "bucket" may refer to the beam on which slaughtered pigs are suspended. The animals may struggle on the bucket, hence the expression. The word "bucket" still can be used today to refer to such a beam in the Norfolk dialect. It is thought that this definition came from the French word *trébuchet* or *buque*, meaning balance. William Shakespeare used the word in this sense in his play *Henry IV Part II* where he says:

*Swifter than he that gibbets on the Brewers Bucket.* — William Shakespeare, *Henry IV Part II*

A third theory suggests that the origin of the phrase comes from the Catholic custom of holy-water buckets:

*After death, when a body had been laid out, the holy-water bucket was brought from the church and put at the feet of the corpse. When friends came to pray, they would sprinkle the body with holy water. It is easy to see how such a saying as "kicking the bucket" came about.* — The Right Reverend Abbot Horne, *Relics of Popery*

Yet another theory seeks to extend the saying beyond its earliest use in the 16th century with reference to the Latin proverb *Capra Scyria*, the goat that is said to kick over the pail after being milked .

*'Because you have spoilt your fine beginnings with a shameful end and turned your service into harm, you have done what the she-goat does when she kicks the bucket that holds her milk and with her hoof squanders her own riches'.* — Andrea Alciato, *Emblemata* (1524)

Here it is the death of one's reputation that is in question.

## American variations

At one time the American and Caribbean expression 'kickeraboo' used to be explained as a deformed version of 'kick the bucket'. The expression 'kek(e)rebu' is first recorded in 1721 with the meaning 'to die' in the Krio language of Sierra Leone. Earlier still 'Kickativoo' is recorded in Ghana (then known as the Gold or Slave Coast). In 1680 it referred to the capsizing of a canoe but also had the meaning 'to die'.

By the 20th century the idiom 'kick the bucket' was in common use . It occurs in the jazz classic *Old Man Mose*, recorded by Louis Armstrong in the USA in 1935, and in the West Indies it figured in the title of the reggae hit "*Long Shot kick de bucket*" recorded by The Pioneers in 1969.. In North America, a variation of the idiom is , 'bucket list', or a list of things to do before one dies, is derived from to kick the bucket, popularised by the 2007 film *The Bucket List*.

### Exercise 4a: Comprehension

1. What does the idiom "to kick the bucket" mean?
2. When did the idiom first appear?
3. What was a popular term used to describe Ghana in the 17th Century
4. Who recorded the song *Old Man Mose*?
5. What is Krio?
6. What does the French word *buque* mean?
7. In Catholic religion; why was a bucket placed at the feet of a corpse ?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## Exercise 5: Listening

Kathleen Taylor is a Licensed Mental Health Counsellor with over 20 years of experience in healthcare and social services. In her career, Kathleen has worked with children in foster care, teens in the juvenile justice system, people with traumatic brain-injuries, priests awaiting ordination, people who are dying and those that love them. When asked about her work, she says she loves her job. Why?

Click the link to find out, and answer the questions below

<https://www.youtube.com/watch?v=O8U8Pkod2n4>

1. How long has Kathleen Taylor worked for hospice? \_\_\_\_\_
2. What was her job for the first 8 years? \_\_\_\_\_
3. What memoir did Bronnie Ware write? \_\_\_\_\_
4. What is the number one regret about dying in that memoir? \_\_\_\_\_

### According to Kathleen:

1. Which stories have taught her the most?
2. Why are people not honest with themselves?
3. What is some of the purpose in facing our mortality?
4. What three stages of our lives stand out?
5. What do dying people teach us?
6. What is your soul ?
7. How can we live every day as if it were our last?
8. What is a better question than- *what am I supposed to be doing with my life?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

**Exercise 6:**

**Talking**

**Talk to your partner about Kathleen Taylor.**

**5-10 minutes**

Think especially about the following: Kathleen has worked with children in foster care, teens in the juvenile justice system, people with traumatic brain-injuries, people who are dying and those that love them. When asked about her work, she says she loves her job. Why? Think about the video you've just seen. What is Kathleen's message about meaning and purpose in life? Do you agree or disagree? Why?

**Write down some notes and prepare to talk with your partner about Kathleen**

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**Change pairs**

**Exercise 7:**

**Talking**

**What's your dream?**

Have you ever stopped to think what you really want to do with your life?

Write down at least 5 things that could go on your bucket list. What do those things boil down to? What do those things say about what you want in life?

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