

Minimalism

Skills:

Can understand most documentaries and most other recorded or broadcast material delivered in the standard form of the language and can identify mood, attitude, etc.

Adults

Individual



1 Read the list and say which sentences are about Minimalism and which ones are not.

1. Minimalism focuses on only having expensive and luxurious possessions.
2. The minimalist movement began in the 1960s as a response to consumer culture.
3. Minimalism encourages mindfulness and emphasizes experiences over belongings.
4. The minimalist lifestyle promotes prioritizing fashion trends.
5. The concept of minimalism can be applied to various aspects of life, from fashion to home decor.

2 Watch "The Minimalists: Less Is Now" Official Trailer and discuss the questions with your teacher



1. What are your thoughts on the concept of "less is more"?
2. Would you be willing to downsize your belongings in order to live a more minimalist lifestyle?

3 Watch a snippet (6:19–9:11) of the Minimalism documentary and discuss the questions with your teacher.



1. Does Joshua communicate with passion or is he more neutral?
2. How did Joshua feel about his life before discovering minimalism?
3. What changes did he notice in his friend?
4. How did his attitude change after adopting minimalism?
5. How do you feel about his ideas?

4 Fill the gaps with information from the video and choose the correct answer to each question.

- Joshua's friend Josh introduced him to _____(1)
- Joshua had lots of possessions but felt _____(2)
- Minimalism helped him feel _____(3)
- Joshua now only keeps possessions that serve a _____(4)
- He is willing to let go of everything that doesn't _____(5) to his life
- Joshua and Ryan wrote a book about their _____(6)
- They plan to promote the book and the message of _____(7)
- Joshua is embarking on a _____(8) to spread the message of living _____(9)

1. What was the main reason the speaker took his friend out to lunch?

- A. To discuss their corporate jobs
- B. To congratulate him on a promotion
- C. To learn why his friend seemed happier
- D. To try a new restaurant

2. What did the speaker's friend tell him about minimalism?

- A. It's a trend that helps save money
- B. It involves getting rid of all possessions
- C. It promotes living with fewer belongings
- D. It requires organizing one's living space

3. What did the speaker and his friend do after writing a book about their minimalist journey?

- A. They opened a minimalist store
- B. They went on a book promotion tour
- C. They gave presentations about minimalism
- D. They donated all their remaining possessions

5. Which of the following best describes the speaker's attitude towards minimalism?

- A. Skeptical
- B. Indifferent
- C. Enthusiastic
- D. Regretful

4. What is the primary message the speaker and his friend want to promote?

- A. The benefits of a corporate lifestyle
- B. The importance of decluttering one's home
- C. The advantages of living a simple, deliberate life
- D. The latest trends in minimalist interior design

6. How did the speaker initially react to his friend's newfound happiness?

- A. He was excited for his friend
- B. He was confused and wanted to understand
- C. He was envious and wanted to copy his friend
- D. He was concerned that his friend was acting strangely

5 Let's discuss these interesting questions.

1. How can minimalism work in your life?
2. What do you think are some potential advantages and challenges of adopting a minimalist approach?
3. If you had to become a minimalist, which items from your household would you categorize as "essential" and "non-essential"?

Correct answers

1 Made in the “Find Interesting Facts” tool.

1- Minimalism is about intentionally living with fewer possessions regardless of price

4- Minimalism lifestyle is about organization and prioritizing what truly matters.

2 Made in the “Audion&Video Discussion Questions” tool.

3 Possible Answers:

The speaker discusses a personal transformation from corporate life to minimalism. The tone shifts from confusion and misery to happiness and fulfillment. Key themes include dissatisfaction with materialism, the discovery of minimalism, and personal growth.

Initial mood: reflective, slightly negative (confusion, misery).

Transition mood: curiosity, surprise (questioning the friend's happiness).

Final mood: positive, determined (embracing minimalism, promoting a new lifestyle).

Emotional language: "miserable," "truly happy," "freer," "lighter."

Phrasing that indicates change or contrast: "before I discovered," "when I started letting go."

4 Made in the “Summary GapFill” and “ABCD Questions” tools.

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|-------------------------|------|
| 1. minimalism | 1. C |
| 2. unhappy | 2. C |
| 3. freer and happier | 3. B |
| 4. purpose or bring joy | 4. C |
| 5. add value | 5. C |
| 6. minimalist journey | 6. B |
| 7. simple living | |
| 8. 10-month journey | |
| 9. with less. | |

5 Made in the “Discussion Questions” tool.