

Конкурс до Всесвітнього дня ментального здоров'я

Компанія «Лінгвіст» та видавництво [National Geographic Learning](#) запрошують молодь, дорослих і вчителів англійської мови взяти участь у конкурсі **Small Breaks, Positive Outcomes**.

Іноді між першою емоцією та наступною дією достатньо невеликої паузи, щоб помітити власні потреби, обміркувати ситуацію та вирішити, як діяти. Саме таким повсякденним рішенням присвячений наш конкурс.

Ідея конкурсу перегукується з темами розділу **Feelings** курсу [Outcomes Third Edition Intermediate](#): як говорити про почуття, розуміти їхні причини, реагувати на складні ситуації та підтримувати одне одного.

Пропонуємо вам обрати одну із ситуацій і розробити власну стратегію англійською мовою: продумати коротку паузу, конкретні дії та їхні можливі наслідки.

Завдання конкурсу

1. Ознайомтеся з двома прикладами виконання.
2. Оберіть **одну ситуацію з розділу «Конкурсні завдання»**.
3. Напишіть відповідь англійською мовою загальним обсягом **до 120 слів** за структурою*:

Small break

Поясніть, як ви зробите паузу перед реакцією та що обміркуєте.

My strategy

Опишіть свою наступну дію. За потреби додайте слова, які ви сказали б або написали.

Possible outcomes

Опишіть, що може змінитися в ситуації та як ви можете почуватися після цих кроків.

4. Подайте роботу через [онлайн-опитувальник](#), зазначивши номер обраної ситуації.

*Відповідь має враховувати обставини завдання, ваші потреби та погляди інших людей. Запропонуйте конкретні дії, які можна здійснити в описаній ситуації. Позитивний результат не обов'язково означає, що всі залишаться задоволеними або проблема повністю зникне. Важливо пояснити, що саме може змінитися завдяки вашій стратегії.

Формат участі

Участь індивідуальна.

Один вчитель-наставник подає одну роботу свого учня.

Мова роботи — англійська.

Загальний обсяг відповіді — до 120 слів.

Критерії оцінювання

Журі оцінюватиме:

- ✓ Відповідь стосується обраної ситуації та містить усі три частини.
- ✓ Учасник пропонує власний цікавий підхід.
- ✓ Думки послідовні, а запропоновані дії пов'язані з очікуваними результатами.
- ✓ Вчитель-наставник перевірів роботу свого учня.
- ✓ В роботі використана доречна лексика та дотримана мовна правильність.

Терміни проведення

Подання роботи: з 1 до 16 жовтня 2026 року включно через онлайн-опитувальник — <https://forms.gle/wgmRGESrh3FvCsFHA>.

Публікація результатів: 23 жовтня 2026 року на Facebook-сторінці [National Geographic Learning Ukraine](#).

Нагороди

П'ять переможців, визначених журі, отримають подарункові сертифікати інтернет-магазину «Лінгвіст».

З питань участі та додаткових консультацій звертайтеся на пошту до нашої методистки, Ганни Гричаник, – Hanna.Hrychanyk@linguist.ua.

Приклади виконання

Нижче наведено дві можливі відповіді. Вони демонструють структуру роботи та зв'язок між паузою, стратегією і можливими наслідками.

Example 1. When a Hobby Becomes Homework

Situation

You started learning the guitar because you enjoyed it. Now an app tracks your daily streak, and other people regularly post impressive results. Today you are tired, but missing a session would end your longest streak. You feel guilty before you have even decided what to do.

Small break

I would close the app and ask myself whether I wanted to play the guitar or simply protect the streak.

My strategy

Tonight, I would rest. Tomorrow, I would choose a song I enjoy and play without recording my practice. I would also switch off streak reminders for a week and notice when I actually felt like playing.

Possible outcomes

I might start looking forward to the guitar again. Losing the streak could still bother me, but I would have more freedom to choose when and how to practise. Enjoying a song could become a worthwhile result in itself.

Example 2. The Mistake Everyone Can See

Situation

You share a document with a group and then notice that an important figure is wrong. Someone has already spotted it and commented publicly. You feel embarrassed and begin typing a long explanation about how busy you have been. Other people may use the incorrect information.

Small break

I would stop typing my explanation and take a moment to check the correct figure and whether it affected anything else.

My strategy

I would correct the document and write: 'Thanks for spotting this. The correct figure is 240, not 420. I've updated the document; please use the revised version.' I would also contact anyone who might already be using the original.

Possible outcomes

The group would have accurate information and know which version to use. I might still feel embarrassed, but less worried about the error spreading. Taking a practical step could help me move on from repeatedly thinking about the mistake.

Конкурсні завдання

Choose **one** situation. Write your response in **no more than 120 words**, using these headings:

Small break → My strategy → Possible outcomes

1. 'You're the Only Person I Can Talk To'

You have finally kept an evening free after a demanding week. A friend messages: 'Can we talk? You're the only person who understands.' This would be your third long conversation about the same problem this week. You care about your friend, but you feel drained.

Your task: Find a way to show that you care while being honest about how much time and energy you have. Explain what your approach could mean for your friendship and your opportunity to rest.

2. The Trip You Cannot Afford

Your friends are organising a weekend away. Everyone sounds excited, so you write, 'Count me in!' Later, you work out the cost and realise that it is beyond your budget. The organiser now needs a deposit. You would rather not explain your finances to the whole group.

Your task: Decide how to change your answer and suggest a way to stay involved that works for you. Consider how being clear about your decision could affect the plans and how you feel about them.

3. Criticism with an Audience

You have just finished a presentation. In front of everyone, someone says, 'That was pretty obvious. I'm not sure what we were supposed to learn.' There may be a useful point behind the comment, but the way it was delivered feels dismissive. People are waiting for your response.

Your task: Decide how to respond in the moment and what, if anything, to discuss afterwards. Consider how your response could help you understand the feedback while making clear how you would like to be treated.

4. Five Minutes Before Your Turn

You are waiting for an interview. The person before you seems incredibly confident. You start changing your prepared introduction and searching for last-minute advice on your phone. You have five minutes left, and every new tip makes you doubt yourself more.

Your task: Plan how to use those five minutes. Identify what you would stop doing, what deserves your attention and how your choices could help you feel more prepared, even with some nerves remaining.

5. A Break That Does Not Feel Like a Break

You pick up your phone for a ten-minute break. Half an hour later, you have seen other people's achievements, holidays and carefully organised lives. You return to your own task feeling behind in everything. You also use these apps to keep in touch with people you genuinely enjoy.

Your task: Propose a realistic change to this particular break while keeping the online connections you value. Describe what you might notice about your attention, mood or sense of time afterwards.

6. The Opportunity You 'Should' Want

You are offered a role in an exciting project. It would look impressive on an application. Your schedule is already full, but people around you keep saying, 'You can't turn down an opportunity like this!' You have until tomorrow to decide.

Your task: Create space to make your own decision. Explain what you would weigh up, how you would communicate your choice and what it could mean for your time, priorities and feelings about the opportunity.

7. Always Available

Your project team sends messages throughout the evening. Most are not urgent, but whenever you put your phone away, you worry about missing something important. Recently, someone complained that you took two hours to reply. Nobody has agreed when people are expected to be available.

Your task: Suggest a workable arrangement for communication and time away from the chat. Explain how it could help the group know what to expect and allow you to take a break.

8. 'It Was Only a Joke'

A friend shares a photograph of you in a group chat with a joke about your appearance. Other people add laughing emojis. You are uncomfortable, but when you say so, your friend replies, 'Come on, it was only a joke.' You want the photograph removed without the conversation becoming a public argument.

Your task: Develop a clear response and a practical next step. Explain what you want to change and how expressing your wishes could affect your comfort and trust within the group.

9. Having to Justify Your Rest

You have spent the morning working on an assignment. When you sit down for a break, someone at home says, 'You're always on that sofa. Can't you do something useful?' There are still shared household tasks to finish, but you had planned to do them later.

Your task: Explain your need for a break while acknowledging your responsibilities. Suggest a concrete arrangement and describe how it could make expectations clearer and give you space to rest.