

Nudist Beaches

www.manwrites.com

Table of Contents

Introduction.....	3
Reading.....	4
Reading Comprehension Questions.....	6
Essential Vocabulary.....	7
I Would Never Do That!.....	8
Discussion Questions.....	9
Writing.....	10
Group Work.....	11
Teacher’s Notes.....	12
Credits.....	14

Introduction

Do you have nudist beaches in your country?

Do you think they should be allowed? Why/why not?

Would you visit a nudist beach? Why/why not?

Reading

Nicole had never been to a nudist beach before.

“It was my first time and I felt really nervous,” she said.

So if you felt so nervous about it, why go?

“I wanted to step outside of my comfort zone,” she said. “I wanted to do something to make me feel like I was more alive than before.”

The beach she visited was a famous beach in the south of France. It has been a nudist beach for many years and many people go there every year to relax.

The one policy of the beach being — no clothes allowed on the beach.

“When I first arrived there was no one to check if I had any clothes on or not,” said Nicole. “At first, I thought I could just walk on the beach in my shorts and t-shirt. But then I saw one or two others — and they had no clothes on at all.”

What made the whole experience more terrifying for Nicole was that she was alone.

“None of my friends wanted to come with me,” she said. “I felt even more awkward because of that.”

The first two people that Nicole saw were a middle-aged couple. They had been coming to nudist beaches for most of their adult lives. They were a member of a nudist club and a Facebook group for nudists.

“They were really helpful,” said Nicole. “They didn’t make it seem weird or anything like that. After a couple of minutes, I took my clothes off and walked on to the beach.”

The first few minutes being completely nude was an exhilarating experience for Nicole.

“I felt so self-conscious at first but that quickly passed and I felt free for the first time in my life. It just felt like the most natural feeling in the world.”

The following Monday, Nicole had to go back to work.

“I told my colleagues about going to the nudist beach and many of them were shocked,” she said. “But one or two of them were a little intrigued. I could see by the look in their eye they were interested.”

Since taking the courage to go to the nudist beach the first time, Nicole has since been several times.

“I am now good friends with the middle-aged couple I met the first time,” she said. “And I have

joined a nudist group online. We all go on holiday together. There are special holiday destinations for people who want to be nude.”

What did Nicole’s parents think about it?

“My mum was the most shocked. She always said that I was so shy when I was younger. I would hardly say boo to a goose as a child. So when I told her that I went to a nudist beach her jaw dropped.

My dad just laughed. But he did tell me to be careful.”

Would Nicole advise others to visit a nudist beach?

“Yes, absolutely. It will help you be more comfortable in your own skin. It will give you confidence and make you feel totally free.”

Reading Comprehension Questions

Is this Nicole's first time to a nudist beach?

Why did she go?

Where is the nudist beach?

What is the rule of the beach?

Does the beach have any security guards?

How many of Nicole's friends went with her?

Who were the people that Nicole first encountered on the beach?

Were these people big fans of the nudist lifestyle? How do you know?

How did Nicole feel when she took off her clothes?

What did her colleagues think about going to the nudist beach?

What did Nicole's parents think about it?

Was her father worried about her going to the nudist beach? What do you think he was concerned about?

How does Nicole recommend going to a nudist beach?

Essential Vocabulary

nudist	step outside comfort zone
famous	relax
policy	terrifying
awkward	middle-aged
adult lives	Facebook group
helpful	weird
couple of minutes	completely nude
exhilarating experience	self-conscious
felt free	natural feeling
shocked	intrigued
look in their eye	courage
online	holiday destinations
shy	boo to a goose
her jaw dropped	advise
comfortable in your own skin	confidence

Exercise

Write down all the words and phrases in your vocabulary notebook. Look in your dictionary and find the meaning of each word. Write the definition next to each word.

Then make up your own sentences using each word or phrase.

For example:

Notebook—*a small book with pages of blank paper that students use to make notes when studying.*

“I left my notebook at home so I was unable to make any notes in my English class.”

I Would Never Do That!

Look at the expressions and say whether the person would do something, not do something or maybe undecided.

- **Not on your life!**
- **You must be joking.**
- **I might give it a go.**
- **I'd have to think long and hard about that one.**
- **I wouldn't think twice about it**
- **Not in a million years!**
- **Absolutely not**
- **I would die!**

Discussion Questions

Are nudist beaches legal in your country?

What do you think of the idea of nudist beaches?

Would you like to go to a nudist beach?

What kind of people do you think go to nudist beaches? Try to describe a person that goes there? Why do they go there?

Do you know what a nudist colony is? Should these places be allowed?

If they had a nudist colony in your hometown, where would be the ideal location for it?

In the article, Nicole talked about feeling free for the first time. What do you think she meant?

Do you think the way we dress restricts us in our lives? Do we have freedom in our clothes or do we have to obey certain conventions?

What gives you a sense of true freedom?

What one thing would you like to try but have been too afraid until now? What stops you from doing this thing?

Do you know what 'comfort zone' means? Do we all live inside our comfort zones? Why do we do that?

Writing

You are going to write a letter to your local administration office.

You want the local authorities to open a nudist colony.

State your reasons very clearly why you think this is a good idea.

You must be respectable and polite at all times in your letter while at the same time being firm.

Group Work

You are an advertising agency.

A nudist appreciation website has asked you to do their advertising.

Work with your group and then present your ideas to the rest of the class.

Teacher's Notes

Introduction

Get students to read out all the questions, one-by-one, then discuss in the class together.

Reading

This could be done as a reading assignment before class or in the class with several students taking it in turns to read.

Check for pronunciation.

Reading Comprehension

This could be done as homework or in class.

Go through all the questions, getting a different student to read out a question each time. Then elicit answers from the class.

Vocabulary

This could be done as homework or in class.

If you do this in class, it is a good opportunity to help the students learn how to use a dictionary effectively.

It would be better if the students each had their own vocabulary notebook to write down new words learned from the reading exercise.

Get the students to write down the word and the meaning in English. Try to make them avoid using a translation app as this will just slow them down.

For making their own sentences, you could give them some time and go around the class assisting where necessary.

Once all the students are ready, you can get them to read out their sentences in class.

Check for the correct use of the vocabulary and sentence structure.

I Would Never Do That!

You can easily adapt this exercise for a large class or one-on-one class.

Get the students to read each phrase out one-by-one and then determine if it means something the speaker would do, would not do or neutral.

Extra Exercise

Use the phrases from the previous exercise. Put the students in pairs and get them to come up with a short dialogue where they use one of the phrases.

Discussion

Get students to read out each question in class. Then discuss with all the class.

Encourage and push for responses where necessary.

Writing

Do this as a homework assignment.

You could mark all the writing assignments privately or ask the students to read out loud in class, depending on the students' levels of confidence and their culture.

Group Work

Follow the instructions according to the exercise.

Get the students to come up with ideas in their groups and then do presentations.

Credits

This English speaking topic is courtesy of ManWrites.

This content is copyright ManWrites 2020 – ManWrites©2020

For more information go to www.manwrites.com

Or join my mailing list [here](#) and I will send you more ESL teaching ideas.