



FunnyEnglish
by teacher **Liana**

Conversation class

Midlife ~~Crisis~~
beginning



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Que bom ter você aqui! ❤️

Thank you por adquirir este material. Sério, fico muito feliz mesmo em saber que ele chegou até você e já te digo que você está no lugar certo!

Meu nome é Liana Guterman, sou professora de inglês há mais de 15 anos, e durante esse tempo, desenvolvi muitos materiais e exercícios para ajudar meus alunos a aprenderem com mais clareza, segurança e humor.

Criei esse material pensando em ajudar meus colegas professores com aulas de conversação. Eu sei que criar uma aula do zero pode ser um pouco tricky and time-consuming (ain't no teacher got time for that!). Portanto, aproveite esse material and have a **FUNNY ENGLISH** class!

Let's have some **FUNNY ENGLISH** together! (ChatGPT me criou um slogan, hihhi)



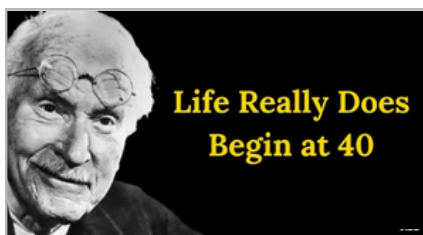
Midlife ~~Crisis~~ *beginning*

Video *Carl Jung: Life Really Does Begin at 40*

Channel: Whispering ideas

Link: <https://www.youtube.com/watch?v=iAkNlj4FrTA>

Esse tópico é mais indicado para alunos adultos de nível avançado (B2-C1). Pelas minhas contas, dependendo do aluno ou grupo, isso pode virar até 2 aulas de conversação.



Part 1: Warm-Up & Pre-Watching Questions

1. **Perspectives on Aging:** What stereotypes or expectations do people usually associate with reaching midlife (ages 40–50)? Are these views mostly positive or negative?
2. **Priorities in Your 20s vs. Later:** How do you think a person's main goals, worries, and definitions of success change between their 20s and their 40s?
3. **The "Midlife Crisis":** When people hear the term "midlife crisis", what classic behaviors or clichés come to mind? Do you believe it is a real crisis or something else?

Part 2: Subject Comprehension & General Opinion

1. **The Core Premise:** In the video, Carl Jung claims that "Life really does begin at 40, up until then you are just doing research." In your own words, what does this quote mean?
2. **Personal Takeaways:** What was the most compelling or surprising idea presented in the video, and how much do you personally agree with Jung's reframing of midlife as an awakening rather than a decline?

Part 3: In-Depth Reflection & Discussion

Advice to Your Younger Self (*Early decades as the exploratory/searching stage — ~00:00:53–00:01:20*)

1. If you could go back in time and talk to your younger self when you were stressed about "figuring life out," what advice or reassurance would you give yourself based on what you know today?

Letting Go of Expectations (*Realizing early priorities were shaped by others' expectations — ~00:01:49–00:02:04*)

2. Have you ever walked away from a goal, habit, or belief because you realized you were only doing it to please others? How did making that change feel?

Your Persona vs. Real Self (*Building the social mask/persona vs. who you actually are — ~00:03:24–00:04:19*)

3. Have you ever felt like you were playing a specific "role" (at work, in school, or socially) to meet other people's expectations? How easy or difficult is it for you to drop that mask and just be yourself?

Accepting Your Flaws and Fears (*Confronting the "shadow" and hidden insecurities — ~00:04:35–00:04:55*)

4. Carl Jung believed we can only become truly whole when we accept our "shadow"—our doubts, weaknesses, and hidden fears. Is it easy for you to accept your own imperfections, or do you tend to be hard on yourself?

Your Definition of Success (*Shift from external ambition/approval to inner fulfillment — ~00:05:27–00:05:45*)

5. When you think about your own goals, how much are they influenced by external rewards (like status, money, or approval) versus inner fulfillment (like peace, curiosity, or meaningful connection)? Has this balance changed for you over time?

Emotional Growth (*Brain changes, emotional regulation, and gaining perspective — ~00:05:59–00:06:14*)

6. Looking back at who you were five or ten years ago, how has your way of handling stress, conflict, or uncertainty evolved? Do you feel more grounded now than you used to be?

Living on Autopilot vs. With Intention (*Stopping automatic living and acting with intention — ~00:06:18–00:06:21*)

7. Do you sometimes feel like daily routines put your life on "autopilot"? What is one intentional change you could make to align your daily life more closely with what truly matters to you?

Overcoming Fear of the Unknown (*Facing the fear of failure, judgment, and the unknown — ~00:07:23–00:07:36*)

8. The video mentions that moving toward authentic growth requires confronting the fear of failure or judgment. What is one challenge or project you've hesitated to pursue because of fear, and what would help you take the first step?

Shifting Values and Friendships (*Deeper connections and caring less about outer judgment — ~00:08:16–00:08:30*)

9. As people mature, their priorities often shift from having a wide social circle to seeking deeper, more authentic connections. Have your ideas about what makes a good friend or relationship changed over the years?

Writing Your Next Chapter (*Stepping out of the "research" phase and into purposeful living — ~00:09:12–00:09:31*)

10. If your life so far has been "research and groundwork," what is one major project, passion, or personal value you want to make the central focus of your next chapter?