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English B – Standard level – Paper 2 – Reading comprehension
Anglais B – Niveau moyen – Épreuve 2 – Compréhension écrite
Inglés B – Nivel Medio – Prueba 2 – Comprensión de lectura

6 November 2023 / 6 novembre 2023 / 6 de noviembre de 2023

Zone A afternoon	Zone B afternoon	Zone C afternoon
Zone A après-midi	Zone B après-midi	Zone C après-midi
Zona A tarde	Zona B tarde	Zona C tarde

1 h

Text booklet – Instructions to candidates

- Do not open this booklet until instructed to do so.
- This booklet accompanies paper 2 reading comprehension.

Livret de textes – Instructions destinées aux candidats

- N'ouvrez pas ce livret avant d'y être autorisé(e).
- Ce livret accompagne la partie de l'épreuve 2 portant sur la compréhension écrite.

Cuadernillo de textos – Instrucciones para los alumnos

- No abra este cuadernillo hasta que se lo autoricen.
- Este cuadernillo acompaña a la parte de comprensión de lectura de la prueba 2.

Text A

Lily's passion for upcycling expands into homeware business

Non-essential image removed

- 1** A 20-year-old with a talent for upcycling and making individual homeware items has shared her business journey. Lily Wood, from Ipswich, is the owner of Abstract Frog – an Internet business that she started at just 17.
- 2** It was in her teenage years that Lily decided university wasn't for her. She said: "Everyone was pushing me to go there and I didn't really know what I would like to study so I thought, 'why don't I set up my own business creating stuff that I like?'"
- 3** She began by frequenting charity shops to turn unloved items into modern pieces for the home to sell through her online shop.
- 4** Lily makes artwork and prints, and more recently has started making homeware such as chopping boards and trays using recycled items.
- 5** "I always try and find stuff from charity and antique shops that I can use instead of buying things in bulk - that's the special part of it.
- 6** "I like upcycling and learning about the history of an item and then making it into something more modern," she added.
- 7** Lily researches each item's past and tells that story through her work. She said: "I'll ask the person in the shop when did this unusual item arrive and do you know anything about it? I'll take notes just so that there's a story behind it. It adds a bit of character rather than something bought from a High Street retailer."
- 8** For other young people thinking about starting their own business, Lily says to keep things simple and organised. She said: "Set your prices and be clear about your values – what is unique to your business and why should people buy from you. Also give yourself as little to do as possible."
- 9** Lily hopes to build her customer base and aims to take her work to local fairs in the coming weeks. She would also like to collaborate with other artists in the future.

Text B

4 Ways to Know Your Feelings Better

By Lisa M. Buckloh

Before you read on, take a moment to pause and take a couple of breaths. Then ask yourself — how are you feeling right now?

Non-essential image removed

- 5 Feelings are signals from the body that help us understand ourselves and make good decisions. For example, feeling fear when crossing the street in traffic is a useful signal to stay safe.

- 10 Being more aware of your emotions can help you to:
- be less self-critical
 - decide how to handle arguments better
 - get along better with others.

Here are four ways to practice being more aware of your emotions:

- 15 1. [– 14 –]
As a first step, just notice how you feel as things happen. Then say the name of the feeling to yourself. You might feel *proud* when something goes well. You might feel *relaxed* when sitting with friends at lunch. Or *nervous* before a test.
- 20 2. [– 15 –]
Each day, pick one emotion — like feeling *glad*. Notice how often you feel it during the day. Maybe you're glad when either a friend shows up or says a kind word. Or glad just because it's Friday. Every time you feel glad, make a mental note to yourself. Is the feeling mild, medium, or strong?
- 25 3. [– 16 –]
How many feeling words can you name? Try to think of even more. How many words are there for *angry*? For example, you might be *annoyed*, *upset*, or *mad*. Alternatively, you might be *irate*, *fuming*, or *outraged*.
- 30 4. [– 17 –]
Each day, take a few minutes to write about how you feel and why. Writing about your feelings helps you get to know them better. Then you could make art or write poetry to express an emotion you have described.

To sum up, recognizing your emotions is a really important step. It will help you to understand your feelings. Also, show yourself some kindness and accept even the negative ones as normal.

- 35 When you are reacting to situations, it is much healthier if you can describe what you are feeling. Then, you'll be more capable of making wise choices about how to act — no matter how you're feeling.

Text C

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References/Références/Referencias:

- Text A** Green, T., 2021. Lily's passion for upcycling expands into bespoke homeware business. *Ipswich Star*, [online] 22 November. Available at: <https://www.ipswichstar.co.uk/news/business/21894020.lilys-passion-upcycling-expands-bespoke-homeware-business/> [Accessed 15 August 2022]. Source adapted.
- Text B** Buckloh, L.M., 2021. *5 Ways to Know Your Feelings Better*. [online] Available at: <https://kidshealth.org/en/teens/emotional-awareness.html> [Accessed 15 August 2022]. Source adapted. Information provided by Nemours Children's Health through its award-winning Nemours KidsHealth website. For more on this topic, visit KidsHealth.org.