



Reading Activity: Answer the questions.

1. Read the dialogue and fill in the table below with information from the conversation. (K.E12.5.R2.)

Ms. Carter: Good morning, class.

Students: Good morning, Ms. Carter.

Ms. Carter: Hmm... you all look a bit quiet today. What's wrong?

Tom: We had P.E. this morning, and it was too hot.

Ms. Carter: I understand, Tom. Sometimes the weather can really affect our energy.

Sofia: Also, we got too tired after running. Now we don't feel like learning.

Ms. Carter: Thanks for telling me, Sofia. It's important to listen to our bodies and minds. Let's see how we can change the mood a bit. Any ideas, class?

Brian: Let's have a break.

Ms. Carter: I'd love to say yes, Brian, but there are rules. We are not allowed to have breaks whenever we want to. We'd rather do something to change the mood here. Any suggestions?

Daisy: Can we do some stretching exercises? Just for two minutes?

Ms. Carter: Great idea, Daisy! Stretching will help you feel awake again. Let's all stand up. How about listening to a happy song while we stretch?

Students: Yes, please!

Ms. Carter: Okay, let's turn this day around with music and smiles.



| Speaker | Problem | Suggestion |
|------------|----------------------------|------------|
| Ms. Carter | Notices students are quiet | |
| Tom | | — |
| Sofia | | — |
| Brian | — | |
| Daisy | — | |



Listening Activity: Listen and list the suggestions to feel better.

2. Listen to the conversation. Then write the suggestions the friends give to feel better.
(K.E12.5.L1.) (Tapescript 5.1)



Write the suggestions the friends gave to feel better:

1.
2.
3.
4.



Reading Activity: Answer the questions.

3. Read the messages and answer the questions. (K.E12.5.R2.)

Girls Group

Amy: I'm so overwhelmed with all this work, I just want to quit. ✓✓

Sue: Take it one step at a time; small progress is still progress.

Rose: Don't forget to take breaks; your mind needs rest to perform.

Ruth: How about planning a fun trip after this to relax?

Close Friends

Tom: I'm upset about missing the event. I really wanted to be there. ✓✓

Nina: Hey, chill out. You'll have other chances for sure.

Jack: Let's organize a new event with close friends instead!

Ann: Sometimes making new plans can lift your spirits.

1. What does Ruth suggest to help Amy relax?
2. Why does Rose tell Amy to take breaks?
3. Why is Tom upset?
4. What does Jack suggest to do next?
5. What is the goal of Amy's and Tom's friends?



Reading Activity: Answer the questions.

4. Read and listen to the text and answer the questions. (K.E12.5.R2.) (Tapescript 5.2)

... Simple Tips for a Better Day ...



It's normal to feel sad or tired sometimes, but you don't have to stay in a bad mood all day! Here are some simple ways people use to feel better:

Take a Walk: Fresh air and sunlight can help improve your mood. A short 15-minute walk is enough!

Drink Water or Herbal Tea: Staying hydrated is important. Avoid too much coffee or sugar when feeling low.

Listen to Happy Music: Songs with fast beats or fun lyrics can change how you feel quickly.

Call a Friend: Talking to someone you like can give you support and help you feel connected.

Do a Quick Exercise: Even 5 minutes of stretching or dancing can increase your energy and happiness.



Everyone is different, so try what works best for you!

1. Why should you call a friend when you feel sad?
2. What can a short walk help with?
3. What kind of music can help change how you feel?
4. What should you avoid when feeling low?



Speaking Activity: How Do You Feel Better?

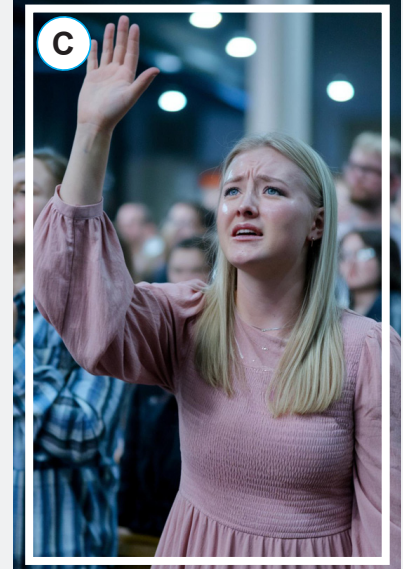
5. Read the text again and talk about your ways to feel better when you are sad or tired by answering the questions below.

1. What do you usually do when you feel sad or tired?
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2. Which idea from the text do you want to try next time you're in a bad mood?
.....
3. What do you do to clear your mind after school?
.....
4. Who do you like to talk to when you feel sad? Why?
.....



Writing Activity: How does it make you feel?

6. Choose one of the paintings below and describe your current mood caused by it. Including the answers to the questions given may be helpful. (K.E12.5.W1.)



- What do you see in this painting?
- What emotions does this image evoke in you?
- How does the colour scheme of the painting affect your feelings?
- Do you feel anxious, hopeful, calm or something else when you look at this painting?
- Does this painting remind you of a personal experience?
- How would you describe your mood in one word after seeing this painting?

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