LET'S DISCUSS!

Choose the option you like more and explain your choice.

Would you rather have a bad mood for the whole day or be in a bad mood for only one hour but have it happen every day for a month?

Would you rather listen to music or exercise to boost your mood?

Would you rather be around people who are always happy or people who are always calm and relaxed?

Would you rather eat your favorite comfort food or try something new and healthy to improve your mood?

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LET'S DISCUSS!

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Choose the option you like more and explain your choice.

Would you rather be able to control your emotions all the time or let them flow freely without worrying about their impact on others?

Would you rather have a trusted friend who can always cheer you up or have the ability to make yourself happy without any external help?

Would you rather watch a comedy movie or listen to a motivational speech to improve your mood?
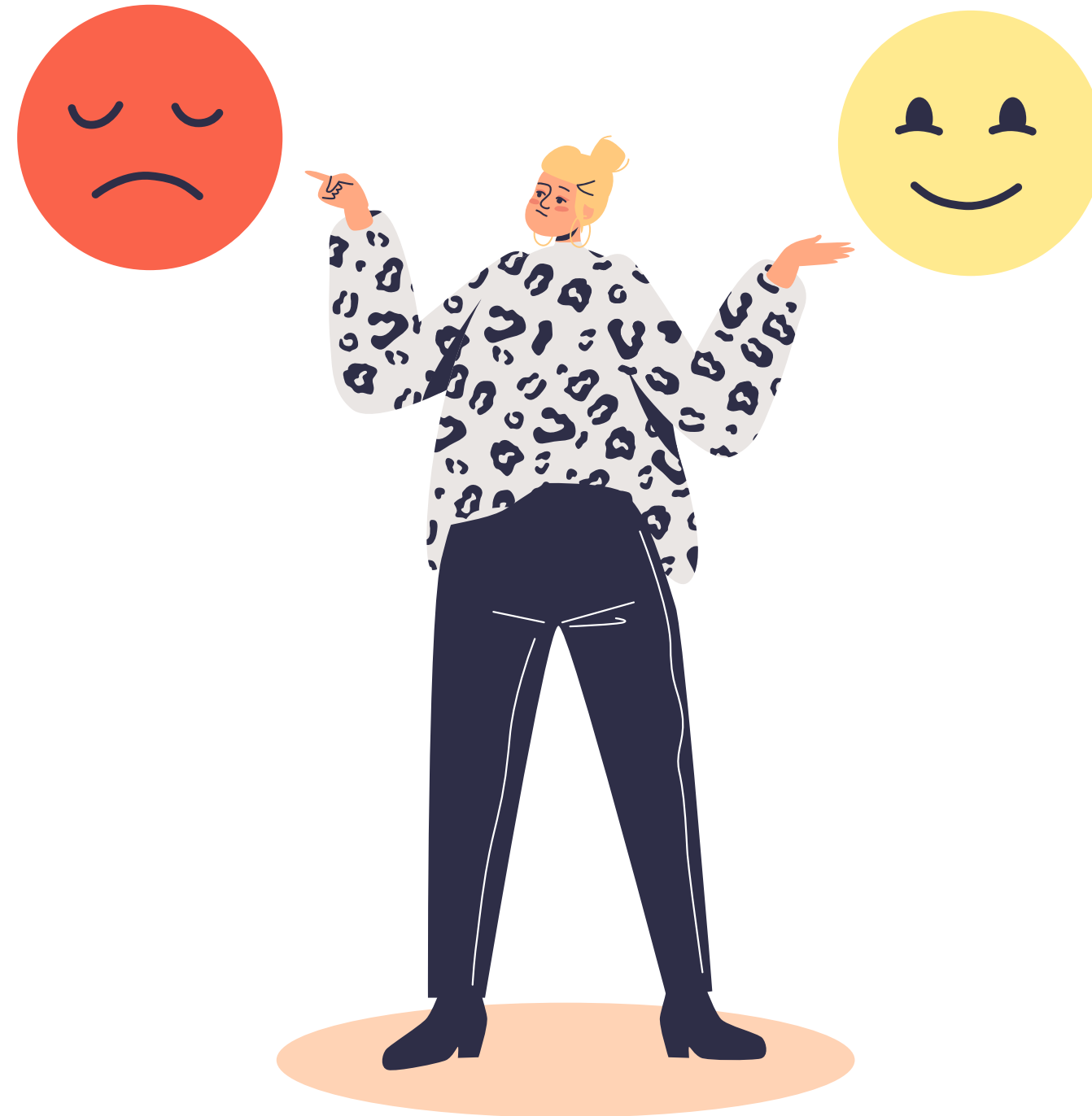
Would you rather have a life without any negative emotions or have a life where you learn to manage your negative emotions effectively?

MOOD AND EMOTIONS

Brainstorm negative and positive states that people might experience.

SYNONYMS

Some of the words might be new for you.

Think of the synonyms to replace common words describing emotions. Use the hints.

happy	sad	surprised	angry
g _ _ d	un _ _ pp _	sho _ _ _ d	_ m _ _
ch _ _ _ f _ l	gl _ o _ y	asto _ _ sh _ _	f _ _ _ o _ s
pl _ _ _ ed	mise _ _ _ _ _	flabber _ _ _ t _ _	an _ _ _ ed
jo _ _ _ l	up _ _ t	am _ z _ _	ir _ _ t _ t _ _

SURPRISE!

SYNONYMS

Think of the synonyms to replace common words describing emotions. Use the hints.

afraid	bored	nervous	confused
s____d	__in_e____ed	wo_____	___zzled
fr_gh_____	t___d	an_ ___s	___lear
ter__f___	s_ck	__easy	dou_____
fea__ul	f_d u_	rest____	unce_t__n

LET'S PLAY!

Play in teams or player VS player.
Take turns completing the sentences and have a battle. For each battle the winner gets a point.
The player/team with more points wins.

Choose a circle you would like to open and point at it.
Read the task and complete it.
CLICK on the circle to see what you get (rock/ paper/ scissors).

SYNONYMS

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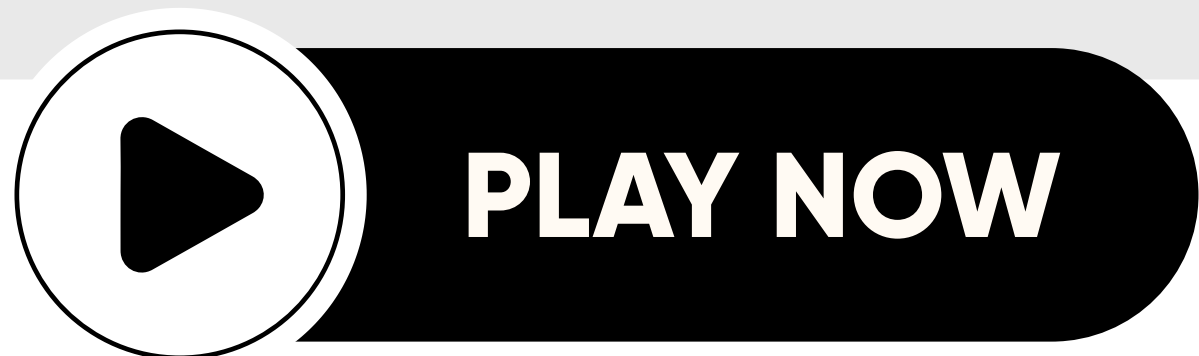
Read each sentences and identify the emotions they contain. Replace the emotions with their synonyms.

1. She was so happy that she could hardly contain her excitement.

2. He felt sad after watching the emotional movie.

3. The student was nervous about giving a presentation in front of the class.

4. The audience was surprised when the singer brought a special guest on stage.

5. The customer was angry with the slow service at the restaurant.

6. She was bored during the lecture and started to doodle in her notebook.

7. The student was puzzled by the complicated instructions for the assignment.

8. She was afraid to go on the rollercoaster, but her friends convinced her to try it.

LET'S DISCUSS!

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Have you ever been *flabbergasted* by something positive or unexpected? What was it?

Can you think of a time when you were *furious* at someone, but later realized you were wrong? What did you do?

What do you think is the best way to support someone who is going through a *miserable* time?

Do you think it's important to celebrate small wins or just the big ones? Do you feel *pleased* in such situations?

MOOD MATTERS

Look at the pictures below. How can these things affect your mood?

To affect means to have an effect on somebody or something. Its synonyms are to influence/to impact.

MOOD MATTERS

Look through the factors below. In your opinion, how can they influence our mood?

Watch the video and tick those which have been mentioned.
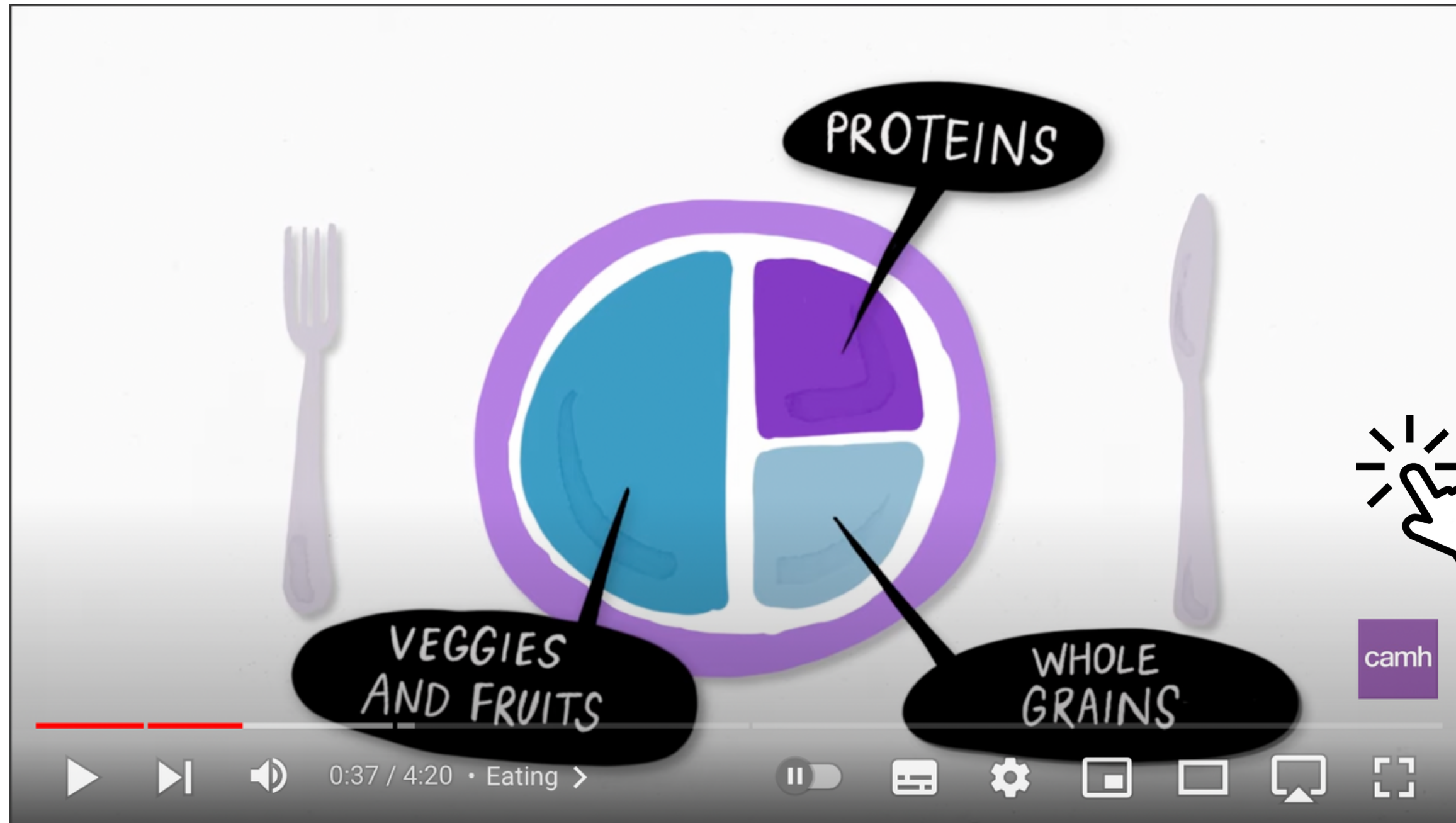
- ☐ a diet that's high in sugar and processed foods;
- ☐ meeting with friends;
- ☐ walking a lot;
- ☐ eating a balanced diet;
- ☐ B vitamins, magnesium, and omega-3 fatty acids;
- ☐ having a pet;
- ☐ hobbies;
- ☐ regular exercise;
- ☐ working too much;
- ☐ getting enough sleep;
- ☐ hormones;

MOOD MATTERS

Unscramble the sentences and discuss whether you can relate to them.

mood/ worse / my / is / usual. / than / When I eat / foods, / much / sugary / a lot of

annoyed / I don't / easily / If / throughout the day. / enough sleep, / I / feel / get

overall. / energetic / in a better / exercise regularly,/ I / and / feel / mood / more / Whenever I

When / night./ trouble / have / might / I / at / sleeping / stressed or anxious, /I feel

If I am / helps / time / my mood. / feeling down, / to / friends and loved ones/ improve / with / spending

indoors, / cheerful / not / too much time / I become /enough sunlight / don't get / and / energetic. / or / If I / spend / so

feeling down, / When / to / I'm / listening / boost / favorite / my / always helps / music / to / my mood.

ADJECTIVES ENDING IN -ED AND -ING

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Adjectives ending in "-ed" and "-ing" are both used to describe the qualities of people, places, or things.

I was bored during that show.

That show was really boring.

Adjectives ending in "-ed" are used to describe how someone feels about something.

Adjectives ending in "-ing" are used to describe the qualities of something or someone that cause this feeling.

The use of -ed and -ing can change the meaning of a sentence. For example, "I'm bored" (ending in -ed) means feeling uninterested or lacking enthusiasm, while "I'm boring" (ending in -ing) means causing someone else to feel uninterested or lacking enthusiasm.

Complete each sentence with an appropriate adjective that ends in -ed or -ing.

1. After spending a long day at work, I felt ....
2. When I saw the sunrise this morning, it was ....
3. Running a marathon can be ....
4. Watching a good movie can be ....
5. Waking up to a snow-covered landscape is ....

ADJECTIVES ENDING IN -ED AND -ING

Look at the pictures and write down the adjectives that end in -ed or -ing and describe the scene/people/objects in them.

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ADJECTIVES ENDING IN -ED AND -ING

Fill in the gaps with an adjective ending in -ed or -ing that best completes the sentence.

1. I feel _____ after a good workout. (energized/energizing)

2. I get really _____ when I don't get enough sleep. (irritated/irritating)

3. I always feel _____ after I've accomplished something I've been working on. (satisfied/satisfying)

4. Going for a walk in nature is very _____ for me. (calming/calmed)

5. Doing yoga is really _____ for both your body and your mind. (relaxing/relaxed)

6. Staying up late makes me feel _____ in the morning. (tired/tiring)

7. Taking a hot bath can be really _____ after a long day. (soothing/soothed)

8. I get really _____ when I'm watching a thrilling movie. (excited/exciting)

9. Eating too much sugar can leave me feeling _____. (drained/draining)

10. Running is really _____ for my mental health. (empowering/empowered)

11. Getting a massage can be really _____ for sore muscles. (relieving/relieved)

12. Waking up to a beautiful sunrise can be really _____. (inspiring/inspired)

LET'S PLAY!

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Choose one of the words from the word cloud and explain it to the teacher/partner.

If you have a group, you can play in teams. Players take turns explaining the words. The person who guesses the word first gets a point.

EXTRA TASK

Complete each sentence with an appropriate adjective ending in -ed or -ing.

1. I feel .... after a good night's sleep.

2. Running can be ....for my mental health.

3. Eating a healthy breakfast can leave me feeling ....

4. I get really .... when I'm feeling stressed.

5. Watching a funny movie can be ....

6. Doing yoga is really ....for both your body and your mind.

7. I feel .... after spending time in nature.

8. Drinking coffee can be .... for me.

9. Getting enough rest is .... for your overall health.

10. Meditation can be .... for reducing anxiety.

11. Listening to music is really .... when I'm feeling down.

12. I get really .... when I don't get enough exercise.

13. Eating junk food can leave me feeling ....

14. Getting a massage can be .... for sore muscles.

15. Doing something creative can be .... when you don't know what to do.

QUIZLET SET

Revise the words and complete different activities to memorize them even better.

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PLAY NOW

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THANK YOU!