



MOOD MATTERS





Choose the option you like more and explain your choice.



LET'S DISCUSS!

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?



Choose the option you like more and explain your choice.



LET'S DISCUSS!

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?

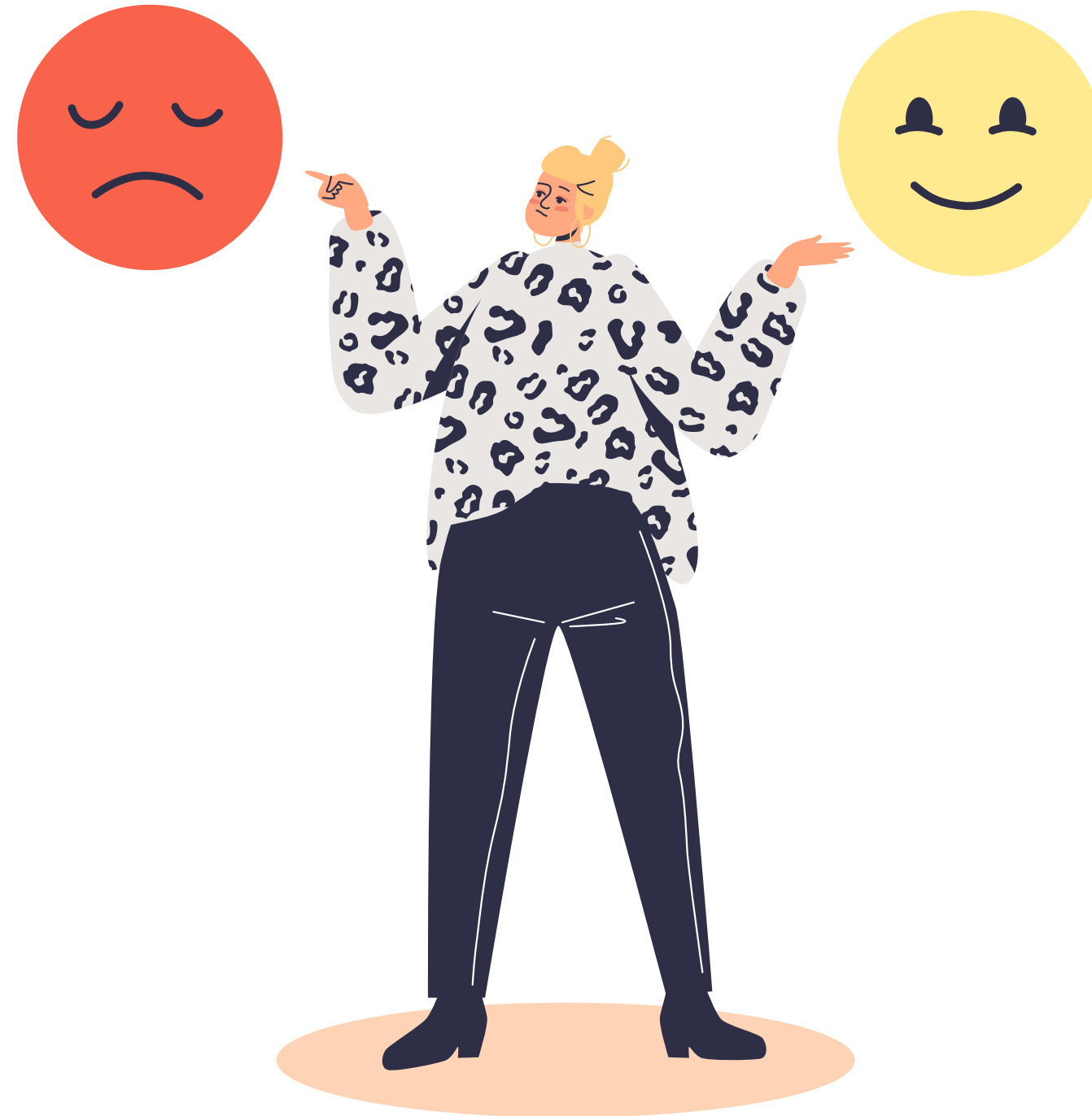
Would you rather have a life without any negative emotions or have a life where you learn to manage your negative emotions effectively?



MOOD AND EMOTIONS

Brainstorm negative and positive states that people might experience.

A large yellow rounded rectangle with 15 horizontal white lines for writing.



A large yellow rounded rectangle with 15 horizontal white lines for writing.



POSSIBLE ANSWERS

Brainstorm negative and positive states that people might experience.

Anger

Sadness

Anxiety

Fear

Envy

Disgust

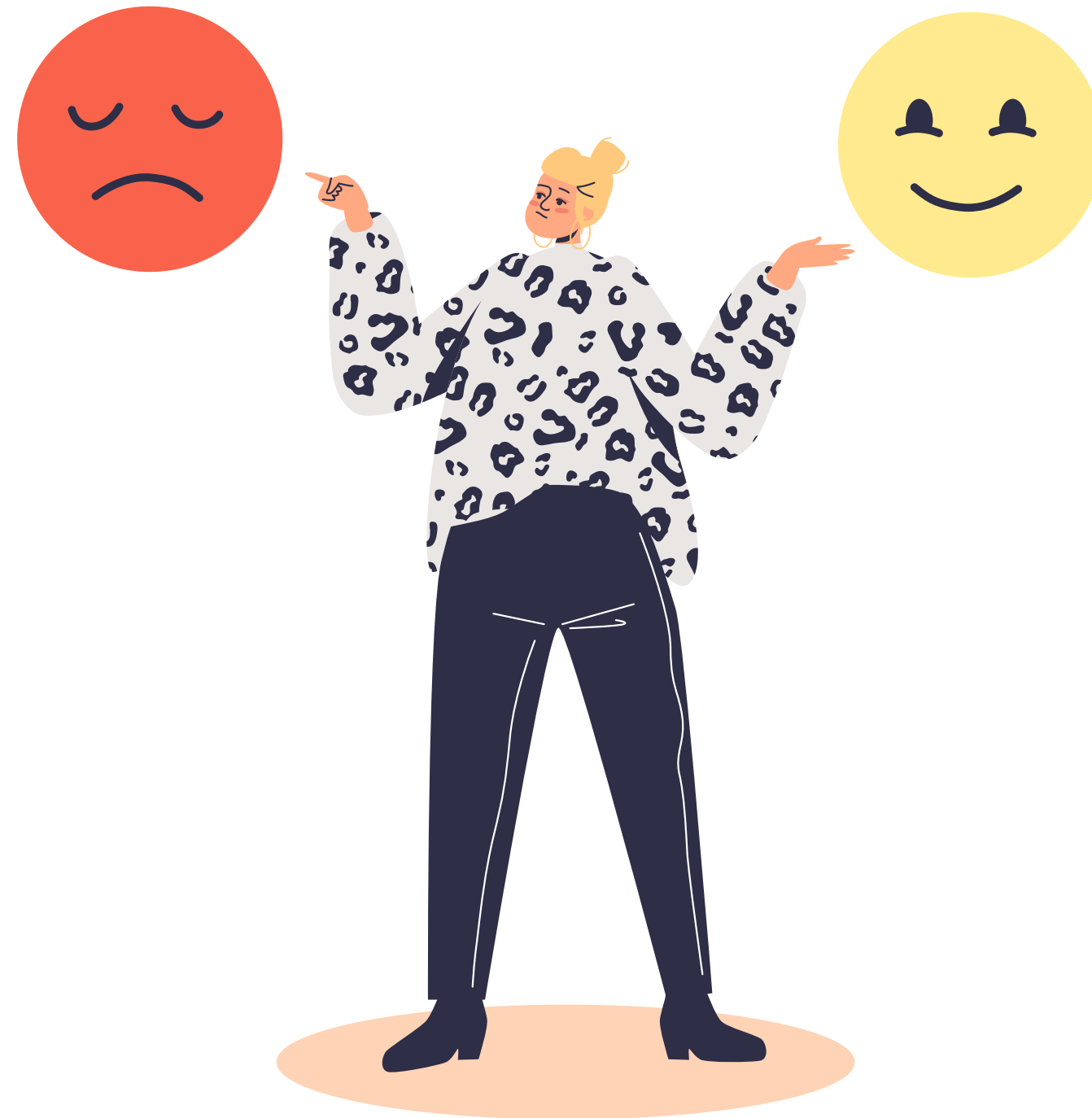
Frustration

Guilt

Shame

Loneliness

Embarrassment



Happiness

Joy

Love

Gratitude

Excitement

Pride

Trust

Peace

Enthusiasm

Inspiration

Hope



SYNONYMS

*Some of the words
might be new for you.*

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



happy

g__d

ch___f_l

pl___ed

jo___l



sad

un__pp_

gl_o_y

mise_____

up__t



surprised

sho___d

asto__sh__

flabber___t__

am_z__



angry

m__

f___o_s

an___ed

ir__t_t__



SYNONYMS

*Some of the words
might be new for you.*

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_du_

rest_____

unce_t__n



ANSWERS

*Some of the words
might be new for you.*

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



happy

glad

cheerful

pleased

joyful



sad

unhappy

gloomy

miserable

upset



surprised

shocked

astonished

flabbergasted

amazed



angry

mad

furious

annoyed

irritated



ANSWERS

*Some of the words
might be new for you.*

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



afraid

scared

frightened

terrified

fearful



bored

uninterested

tired

sick

fed up



nervous

worried

anxious

uneasy

restless



confused

puzzled

unclear

doubtful

uncertain



LET'S PLAY!

ENG HUB

ROCK PAPER SCISSORS

- 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.

1 2 3 4

A

B

C

D

- 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).

genially Education

*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).*



PLAY NOW



SYNONYMS

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.



POSSIBLE ANSWERS

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



1. She was so glad/joyful/cheerful/pleased that she could hardly contain her excitement.
2. He felt unhappy/gloomy/miserable/upset after watching the emotional movie.
3. The student was worried/anxious/uneasy/restless about giving a presentation in front of the class.
4. The audience was astonished/shocked/flabbergasted/amazed when the singer brought a special guest on stage.
5. The customer was mad/furious/annoyed/irritated with the slow service at the restaurant.
6. She was uninterested/tired during the lecture and started to doodle in her notebook.
7. The student was confused by the complicated instructions for the assignment.
8. She was frightened/scared/terrified to go on the rollercoaster, but her friends convinced her to try it.

LET'S DISCUSS!

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?

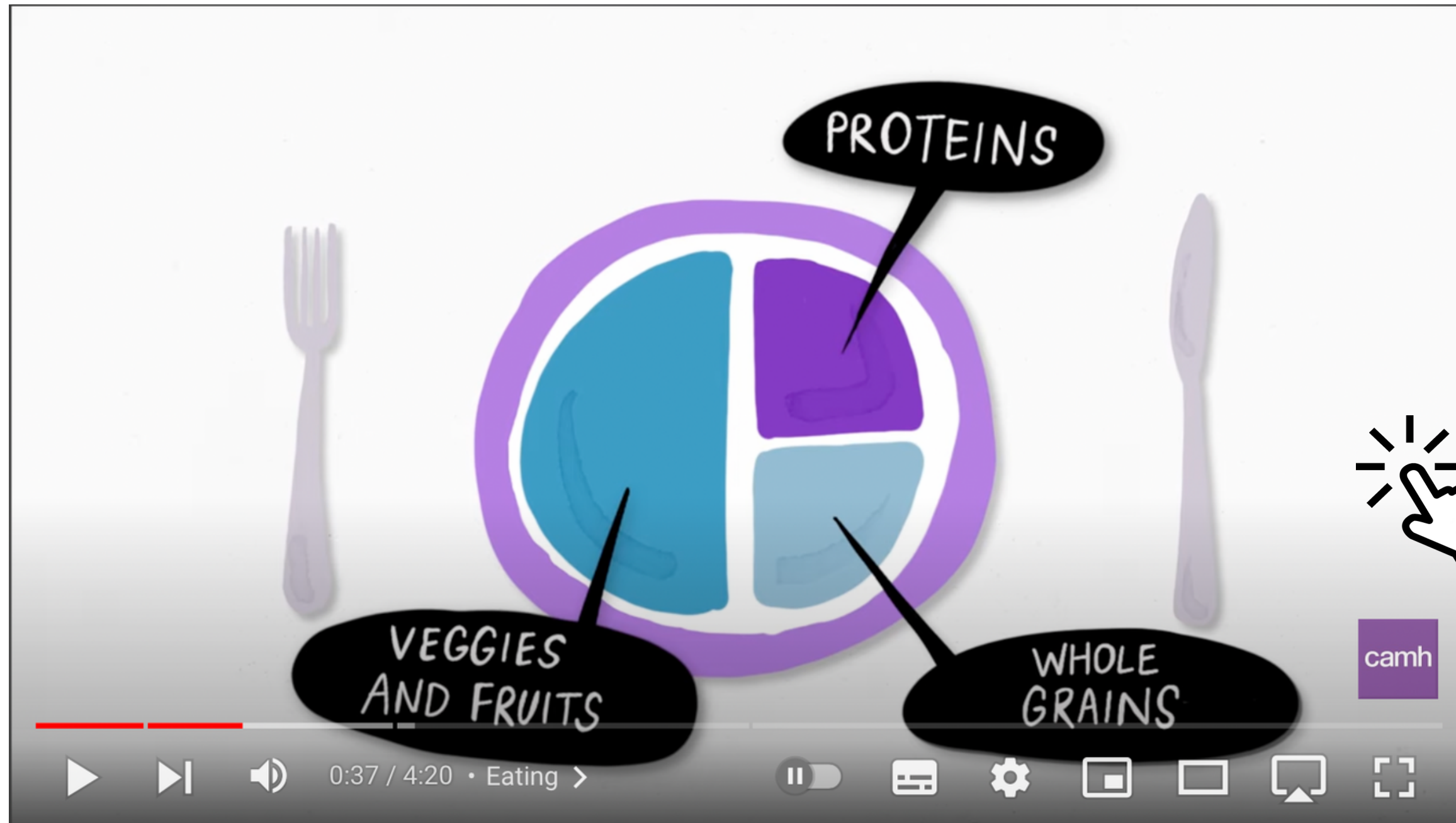
To affect means to have an effect on somebody or something. Its synonyms are to influence/to impact.



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;



ANSWERS

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

Watch the video and tick the ones mentioned.

- Consuming **a diet that's high in sugar and processed foods** can lead to inflammation in the body, which has been linked to a range of health issues, including depression and anxiety.
- **Eating a balanced diet** that includes a variety of fruits, vegetables, and whole grains can improve your mood and energy levels.
- Nutrients like **B vitamins, magnesium, and omega-3 fatty acids** have been shown to be particularly important for regulating mood.
- **Regular exercise** is also an important factor in maintaining good mental health. Exercise helps to reduce stress and anxiety, and it triggers the release of endorphins, which are the body's natural mood boosters.
- **Getting enough sleep** is essential for good mental health. Sleep is when the body repairs and recharges.
- **Hormones** play an important role in regulating mood, appetite, and sleep. Hormonal imbalances can lead to mood swings, irritability, and other mental health issues.

- 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.





ANSWERS

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

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

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

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

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

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

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

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





ADJECTIVES ENDING IN -ED AND -ING

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.





POSSIBLE ANSWERS

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



relaxed, excited, amazed, captivated,
impressed, breathtaking, stunning,
amazing



relaxed, energized, tired, motivated,
challenging, motivating, inspiring



captivated, amused, interested,
pleased, delighted, surprised, amusing,
interesting, surprising



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)





ANSWERS

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

1. I feel energized after a good workout.
2. I get really irritated when I don't get enough sleep.
3. I always feel satisfied after I've accomplished something I've been working on.
4. Going for a walk in nature is very calming for me.
5. Doing yoga is really relaxing for both your body and your mind.
6. Staying up late makes me feel tired in the morning.
7. Taking a hot bath can be really soothing after a long day.
8. I get really excited when I'm watching a thrilling movie.
9. Eating too much sugar can leave me feeling drained.
10. Running is really empowering for my mental health.
11. Getting a massage can be really relieving for sore muscles.
12. Waking up to a beautiful sunrise can be really inspiring.





EXTRA TASK

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

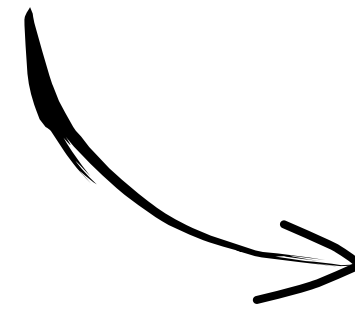
1. I feel after a good night's sleep.
2. Running can befor my mental health.
3. Eating a healthy breakfast can leave me feeling
4. I get really when I'm feeling stressed.
5. Watching a funny movie can be
6. Doing yoga is reallyfor both your body and your mind.
7. I feel after spending time in nature.
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.





**THANK
YOU!**

