A2

30 min

Winter sadness

twee

This lesson was created with AI at twee.com

Skills:

Can give short, basic descriptions of events and activities.
Can describe plans, habits and routines, past activities and personal experiences

1 Mark the actions that you saw in the video: What actions are typical for winter routine only? Add 3 more examples.

Every morning Evelina:

- ☐ puts on a warm hoodie.
- ☐ waters her plants.
- ☐ plans what she wants to do today.
- ☐ cleans up her house.
- ☐ takes a very hot shower.
- ☐ drinks coffee.
- ☐ takes vitamins.
- ☐ does yoga.
- ☐ puts on make-up.
- ☐ puts beautiful flowers in a vase.
- ☐ goes to work.
- ☐ stays in bed.

2 Read the Instagram post and add 5 hashtags to it. Which tip is the most useful for you and why?

Winter can be a difficult time to stay healthy and happy. The days are shorter, the weather is colder, and we often spend more time indoors. Here are a few things I do to take care of myself during the winter months.

1. Eat warm food: I love making soups in winter. They're easy to prepare and they help keep me warm from the inside out. I also try to eat plenty of fruits and vegetables. It’s also a good idea to take vitamins every day.

2. Stay active: Sometimes I just want to stay in bed all winter, but regular physical activity is important for both our physical and mental health. I usually find an exercise video online and follow along at home or go for walks in the park when the weather is fine.

3. Get enough sleep: I try to stick to some sleep schedule and get 7-8 hours of sleep every night. A good night's rest helps me feel energized in the morning.

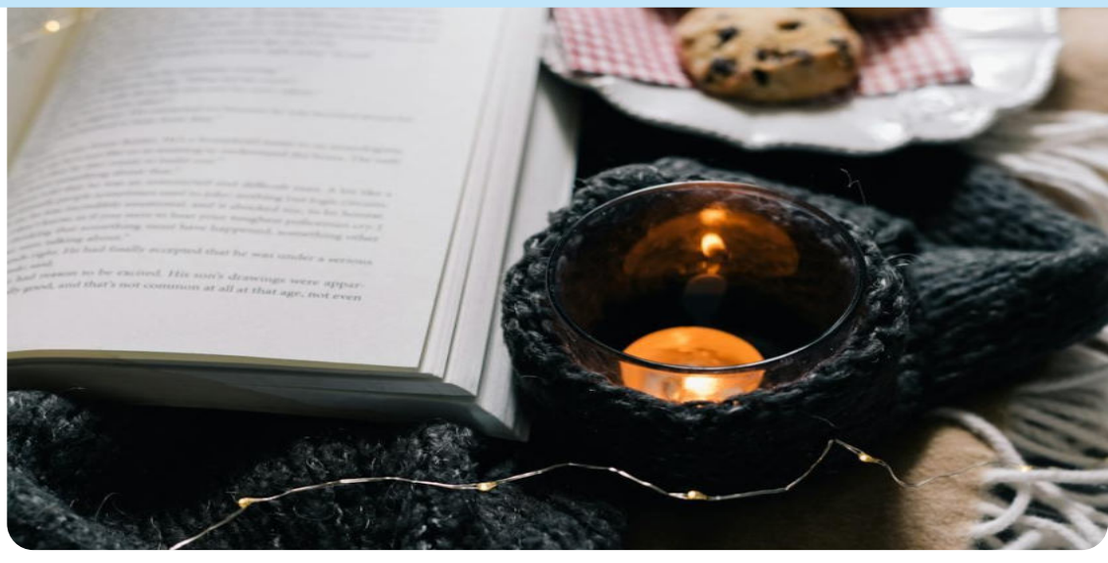
4. Practice self-care: Winter can sometimes make us feel sad and lonely. So I try to do things that I leally like doing. This could be reading a book, taking a hot bath, or spending quality time with loved ones.

Do you like winter?

How do you keep yourself happy and healthy during winter?

Share in the comments!

_____ # _____ # _____ # _____ # _____



3 Read the comments to this post and fill in the gaps:

sad, happy, bed, winter, lonely, do yoga, warm food, exercise, vitamins, energized, too tired, pizza

miadavis 3h

Last winter, I set a goal to _____(1) every morning, and it really helped me stay _____(2) and _____(3) throughout the day.

Reply Hide

cookiemonster 1h

I disagree. Winter always makes me feel _____(4) and _____(5), and there's nothing that can change that. No _____(6) or _____(7) can make me really happy in winter.

Reply Hide

ethanw 50 m

I'm not sure that staying active and taking _____ (8) really helps be happy in winter. Some days I feel like it works, but other times I'm just _____(9).

Reply Hide

oliviathecatlady 35 m

I hate _____(10). It's so cold and dark all the time. I just want to eat hot _____(11) every day and stay in _____ with my cat (12).

Reply Hide

4 Write a comment about things that make you feel happy in winter. Mention the following:

- **Food**
- **Clothes**
- **Things to do**
- **Places**

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Correct answers

1

- puts on a warm hoodie.
- plans what she wants to do today.
- takes a very hot shower.
- takes vitamins.
- puts on make-up.
- puts beautiful flowers in a vase.

2

Created in “Create a text”, genre - blog post

Possible hashtags: #health #happiness #winter #vitamins #soup #stayactive, #selfcare, #coldseason #sad #lonely

3

Created in “Four opinions” + “Fill in the Gap”

1. do yoga
2. energized/happy
3. happy/energized
4. sad/lonely
5. lonely/sad
6. exercise
7. warm food
8. vitamins
9. too tired
10. winter
11. pizza
12. bed

4

Created in “Lead-in activities”