

# A2

30 min

# Winter sadness

twee

Tweak your lessons with the power of AI



### Skills:

Can give short, basic descriptions of events and activities.

Can describe plans and arrangements, 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:

- |  |  |
|--|--|
| <input type="checkbox"/> puts on a warm hoodie.            | <input type="checkbox"/> takes vitamins.                   |
| <input type="checkbox"/> waters her plants.                | <input type="checkbox"/> does yoga.                        |
| <input type="checkbox"/> plans what she wants to do today. | <input type="checkbox"/> puts on make-up.                  |
| <input type="checkbox"/> cleans up her house.              | <input type="checkbox"/> puts beautiful flowers in a vase. |
| <input type="checkbox"/> takes a very hot shower.          | <input type="checkbox"/> goes to work.                     |
| <input type="checkbox"/> drinks coffee.                    | <input type="checkbox"/> 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 really 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

**olviathecatlady** 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

# 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”**