

# PROJECT: Wellbeing

## TASK #1: Song "Sunday Best"

### A. Listen to the song "Sunday Best" by Surfaces and do the exercises.

1. Look at the pictures and fill in the blanks with one word.

#### CHORUS

Feeling .....  like I should

Went and took a walk around the ..... 



SURFACES

Feeling blessed, never ..... 

Got that .....  on my Sunday best

### 2. Order the lines.

- \_\_\_\_\_. All you gotta do is leave it better than you found it
- \_\_\_\_\_. Everyone falls down sometimes
- \_\_\_\_\_. It's gonna get difficult to stand but hold your balance
- \_\_\_\_\_. It's ok, uh-huh. It's ok, it's ok
- \_\_\_\_\_. But you just gotta know it'll all be fine
- \_\_\_\_\_. **Everyday** can be a better day despite the challenge
- \_\_\_\_\_. I just say whatever cause there is no way around it 'cause

#### CHORUS

### 3. Choose the correct possibility.

**Somedays** you 1. make up / wake up and nothing works you feel surrounded  
 Gotta give your feet some gravity to get you 2. grounded (a. someone kept indoors as punishment  
 b. In control of your emotions)

Keep good things inside your 3. fears / ears just like the waves and sound did

And just say whatever cause there is no way around it

Everyone falls down 4. sometimes / always

But you just gotta know it 5. 'll / won't all be fine  
 It's ok, uh-huh. It's ok, it's ok

#### CHORUS

### B. Follow-up

1. What do you understand by 'Sunday Best'? Read the following sentences and click the most suitable meaning.

"He was dressed in what her mother would have called his Sunday best: a powder-blue suit; a thin black tie; polished shoes.

And there, standing among the flock, dressed only in a vest and his Sunday best socks, was her husband.

Good things: movie stars and their red dogs, people in wine gardens, old couples sitting in their Sunday best on a bench by the river.

#### 'Sunday best'

A). \_\_\_\_ One's best clothes, esp. regarded as those most suitable for churchgoing (British)  
 One's best clothes (American)

B). \_\_\_\_ The best day of the week

### 2. What's the message of the song? Choose the most suitable answer A) or B).

A). \_\_\_\_ We won't have any difficult days.

B). \_\_\_\_ We are all going to have bad things happen to us... but we don't have to be victims to our situations. Wear joy like armour. Be the colour in this grey world.