

Supplementary Activity for Mood, Music and Health

1. What cheers you up when you are feeling blue (sad)?

2. Studying at home is safe and convenient during this extraordinary time, however; there are many distractions that make us lose our concentration. Please tell me 3 things that distract us when we are studying at home.

Example: I can hear my roommate talking on the phone. This is a distraction.

3. List two things that you can turn up.

4. List two things that you can turn off.

5. What are you doing to improve your English?