

Words to change your mood

It's always nice to do things for the people you care about. But sometimes a few words can change how other people feel. Use one of these phrases today to put a smile on someone's face!

- 'Nice coat! Is it new?' – People like it when you notice something new.
- 'It'll be OK.' – Sometimes someone feels **stressed** about something for a good reason. These words can make them feel a little more **positive** about things.
- 'I know what you mean.' – This means you're really listening to the other person. You're **interested** in their ideas. But only say this if it's true.
- 'You can do it!' – This helps when people are **afraid** of trying something new. You can also say, 'You'll be great!'
- 'What do YOU think?' – People are always **pleased** about it when you think their opinion is important.
- 'That's a really good question!' or 'What a great question!' – These are good things to say to someone who isn't very **confident** about speaking and you want to help them.
- 'Do you want to have a chat or maybe go out for a coffee?' – This can help people when they are feeling **unhappy** about something or they are perhaps a little **lonely**.

LIVEWORKSHEETS

READING COMPREHENSION

1. When was the last time you felt pleased about something you did or made?

2. Imagine that your friend says that they're lonely. What do you do?

3. How do you help someone who is stressed about their work or studies?

4. Are there any animals that you are afraid of?

5. Are you confident about speaking in front of a lot of people?

6. What things were you most interested in when you were a child?

7. Do you generally feel positive about your future?

8. Are you happy or unhappy with your phone?

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