Listening

Task 1. Instructions: Before watching the video, answer the following question.

1. What do you think the video entitled "Understanding your Feelings is about?

Task 2. Instructions: Go to google classroom and watch the video entitled "Understanding your Feelings." Then, based on it, answer the following questions.

1. According to the video, can we control feelings?

2. What is the reason that the girl mentioned why she felt sad in the past? Would you feel sad if you were her?

3. Why do you think that if we are sad, worried, or angry, these feelings can affect our mental health?

4. Do you really think that if we are worried, but we act as brave people we can stop feeling such mood?

5. Mention one of the things or strategies that the guys from the video mentioned they do to be happy.

Task 3. Instructions: After having watched the video, choose one of the feelings mentioned and write three reasons why you hate or love being into that mood.