

## The person who knows how to cheer your day up

1. Look at the photos and say why these people might be having a bad day.



2. Complete the questions with the correct prepositions.

- When was the last time:
  - a) you were late ..... work? Why?
  - b) you weren't ..... time for an important meeting? What happened?
  - c) one of your personal devices was out ..... order (e.g. your phone, laptop, etc.)? What did you do with it?
  - d) your car or bus broke .....? What did you do?
  - e) you were ..... a bad mood? What happened?

3. Discuss the questions from ex. 2.

4. Match the phrasal verbs in bold to their meanings below.

- a) As a clown she visits hospitals and **cheers up** sick children.
- b) We just **got in** the car and went for a drive.
- c) They loved each other very much and, thanks to that, they **got through** that difficult time.
- d) I'm your best friend. Just **let it out** and you'll feel better.
- e) Just **pick up** the phone and call your father to tell him about it.

MEANINGS:

- 1) feel or make someone feel happier
- 2) deal with something difficult
- 3) lift something
- 4) enter a vehicle
- 5) say what is on your mind

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### 5. Discuss the questions.

- What do you do to cheer yourself up when you are having a bad day?
- Do you ever pick up the phone and call your friends or family to help you feel better?



### 6. Read the comments below and guess who knows best what to do when we are having a bad day. Then, watch a [video](https://youtu.be/kgdCml98jTw) [https://youtu.be/kgdCml98jTw] to check your ideas.

SunPicker23 🟢 They are soo sweet! I feel so much better now! Thanks 💜

Like · Reply · 1h



Ann123 🟢 I love these ladies 🥰

Like · Reply · 1h



NotMuchToSay They know the true value of life! I love them being so positive 😊

Like · Reply · 5h



### 7. Watch the [video](https://youtu.be/kgdCml98jTw) again and mark which phrasal verbs you hear.

- |               |              |
|---------------|--------------|
| • break up    | • give up    |
| • break down  | • let it out |
| • get in      | • pick up    |
| • get through | • wake up    |

### 8. Watch the [video](https://youtu.be/kgdCml98jTw) again and complete the sentences with one word each.

- Never think that you're gonna .....
- I don't feel they're bad days. They're only ..... in life.
- You start ..... yourself, you can love everybody else.
- Chocolate ..... everybody happy.
- If you are some grandma's ....., then pick up the phone and call her.

### 9. Discuss the sentences from ex. 8. Do you agree or disagree with them?