

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

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

**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>] to check your ideas.**

SunPicker23 They are sooo sweet! I feel so much better now! Thanks

8

Like · Reply · 1h

Ann123 I love these ladies

2

Like · Reply · 1h

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

5

Like · Reply · 5h

**7. Watch the video 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 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?**