



# Good and Bad Days





Look at the pictures carefully. Move each picture to the right column — Good Day or Bad Day.

Good Days

Bad Days





Drag each situation word into the column where you think it belongs, either the good days column or the bad days column.

Good Days

Bad Days



Got a new phone

Played a fun game  
with friends

Lost my phone

Got a bad grade

Argued with a friend

Passed an exam






**Read and listen to a short story about Sarah's day.  
Pay close attention to the activities and feelings described.**

### A Day in My Life



Yesterday was a sunny Saturday, and I woke up early feeling happy. I ate breakfast with my family before I went to the park to play soccer with my friends. We played for a long time, running and having lots of fun. After playing, I bought some ice cream and I felt very happy enjoying it under the warm sun.

In the afternoon, I spent some quiet time reading my favorite book. It was a relaxing way to end the day before dinner. Overall, I had a great day filled with fun and good moments.





Based on Sarah's Diary,  
can you identify the  
orientation, events, and  
re-orientation of the  
recount text?



#### Orientation

Who was involved, when and where the story happened

#### Events

What activities did Sarah do? Write it in order.

#### Re-Orientation

How she felt at the end of the day?



The sentences below are scrambled. Put them in the correct order to form a complete recount text. Write the numbers only. Pay attention to the sequencing words (first, after, then, finally).

1. I bought some ice cream and enjoyed it under the warm sun.
2. Yesterday was a sunny Saturday, and I woke up early feeling happy.
3. After playing soccer, I felt very happy.
4. Overall, I had a great day filled with fun and good moments.
5. I spent some quiet time reading my favorite book in the afternoon.
6. I ate breakfast with my family before I went to the park to play soccer with my friends.

**ANSWER**



Read the text "Sarah's Diary: A Day in My Life" carefully.  
Find all the past tense verbs and write them in the table with their base form and whether they are regular (end with -ed) or irregular.

Past Tense Verb	Base Form (Present)	Regular / Irregular




**Read the comic strip story carefully.  
Pay attention to the past tense verbs.**







**Complete each sentence by typing the correct past tense verb from the word bank below.**

1. I \_\_\_\_\_ (wake) up early feeling happy.
  2. I \_\_\_\_\_ (play) soccer with my friends in the park.
  3. Then, I \_\_\_\_\_ (eat) some ice cream.
  4. Suddenly, it \_\_\_\_\_ (start) to rain.
  5. I \_\_\_\_\_ (is) wet because I \_\_\_\_\_ (lost) my umbrella.
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