



# Good and Bad Days



LIVE **LIVWORKSHEETS**



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



LIVEWORKSHEETS



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

### Rizky's Journey Through Bad and Good Days

Last Monday was one of the most challenging days I have ever experienced. Everything seemed to go wrong from the very start of the day, making me feel frustrated and exhausted.

First, I missed my bus by just seconds, which made me walk to school under heavy rain without any protection. Then, I accidentally spilled coffee on my school uniform, causing embarrassment throughout the day. My lessons were unusually difficult, and as if that weren't enough, I realized I had forgotten my homework at home. Each moment of the day seemed to bring a new problem.



Fortunately, the next Saturday was a complete turnaround. I spent a pleasant day with close friends at the park, enjoying games, laughter, and delicious snacks. This joyful experience reminded me that bad days are temporary and good days help us appreciate life more fully. 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.



LIVE **LIVEWORKSHEETS**



Which paragraph contains the orientation of the recount text?

- a. Paragraph 1
- b. Paragraph 2
- c. Paragraph 3

What type of information is found in the events paragraph?

- a. Background information about the day
- b. Details of the problems and challenges faced
- c. The final reflection or conclusion

What is the purpose of the reorientation paragraph?

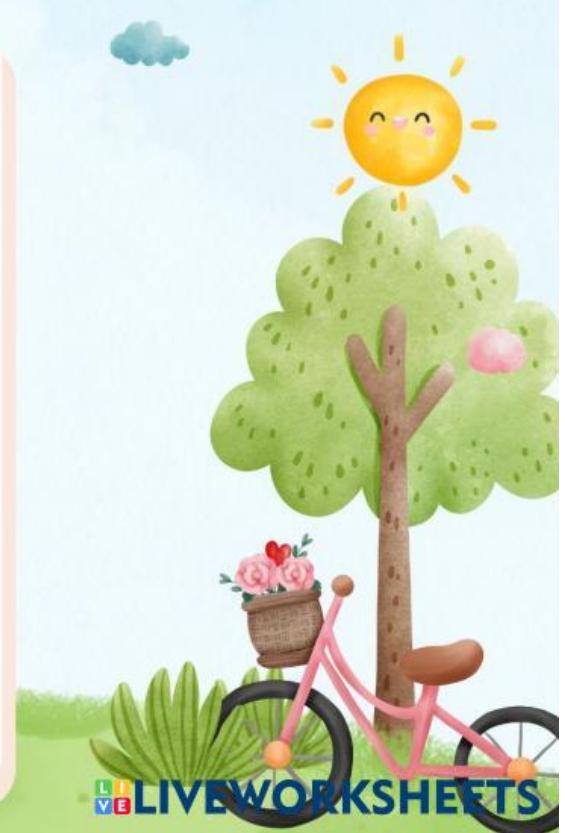
- a. To introduce the story setting
- b. To list the series of events
- c. To give a personal



Answer these questions based from the Risky's Journey text.

4. Identify one sentence from the events paragraph that shows a problem the writer faced.

5. How does the reorientation help in understanding the overall message of the text?



Read the text "Rizky's Journey Through Bad and Good Days" 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

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

Last Monday was one of the worst days I ever \_\_\_\_\_ (experience). First, I \_\_\_\_\_ (miss) the bus by just a few minutes, so I \_\_\_\_\_ (have) to walk to school in the heavy rain. While I \_\_\_\_\_ (walk), I \_\_\_\_\_ (drop) my books, and some of them \_\_\_\_\_ (get) wet. At school, the lessons \_\_\_\_\_ (be) very difficult, and I \_\_\_\_\_ (forget) to bring my homework. I really \_\_\_\_\_ (feel) tired and upset by the end of the day.

Luckily, the next Saturday \_\_\_\_\_ (turn) out to be amazing. I \_\_\_\_\_ (meet) my friends at the park, and we \_\_\_\_\_ (play) games and \_\_\_\_\_ (laugh) a lot. We \_\_\_\_\_ (eat) some snacks and \_\_\_\_\_ (enjoy) the sunshine. That day \_\_\_\_\_ (remind) me that even though bad days happen, good days always \_\_\_\_\_ (follow).