

Blue Monday

Skills:

- Can understand texts describing people, places, everyday life and culture, etc., provided they use simple language.
- Can give a simple description or presentation of people, living or working conditions, daily routines, likes/dislikes, etc. as a short series of simple phrases and sentences linked into a list.

Adults/Teens

Group



1 Read the facts and complete the sentences with the missing words. Did you know anything about Blue Monday?

saddest

third

short

weather

stressed

1. Blue Monday is the _____ (1) Monday of January.
2. It is called "the _____ (2) day."
3. Cold _____ (3) makes many people feel sad.
4. January has long nights and _____ (4) days.
5. People feel _____ (5) after the holidays.

2

Read the text about Blue Monday and choose the right answers.

Blue Monday is the name given to a day in January, usually the third Monday. Some people say it is the saddest day of the year. Why is it called Blue Monday? Let's find out.

Many people feel sad in January. The holidays are over, and it is cold and dark outside. People have to go back to work or school after having a break. The fun and excitement of the holiday season is gone. Also, many people make New Year's resolutions to make their lives better. By the third Monday in January, they usually stop working on these goals. This can make people feel disappointed.

The idea of Blue Monday started in 2005. A travel company wanted to help people plan vacations. They said that planning a trip would make people feel happy. They used a formula to find the date of Blue Monday. The formula included factors like weather, not having enough money, and time since Christmas. It is important to know that this formula is not scientific. Many people think Blue Monday is just an idea, not a real thing.

Even if Blue Monday is not scientific, it can remind us to take care of ourselves. When you feel sad, it is good to talk to friends or family. Going outside for a walk can also make you feel better. The fresh air and sunshine are good for you. Doing something you enjoy, like reading a book or listening to music, can help too.

Remember, feeling blue sometimes is normal. It can help to be kind to yourself. Try to think of things that make you happy. Blue Monday can be a day to start doing something new and fun.

Questions:

1. What is Blue Monday?

- a) A holiday in January
- b) The saddest day of the year
- c) A scientific formula
- d) A travel company event

2. Why do people feel sad in January?

- a) It's too hot outside
- b) The holidays are over and it's cold
- c) They have too much money
- d) They don't like vacations

3. Who started the idea of Blue Monday?

- a) Scientists
- b) Teachers
- c) A travel company
- d) Family members

4. What can help people feel better when they are sad?

- a) Staying inside
- b) Sleeping all day
- c) Talking to friends
- d) Watching TV

5. What do people often do with New Year's resolutions by the third Monday in January?

- a) Complete them perfectly
- b) Make more resolutions
- c) Stop working on them
- d) Share them with everyone

6. What does the text say about Blue Monday?

- a) It is a scientific fact
- b) It is just an idea
- c) It happens every week
- d) It is always on a Sunday

7. What advice does the text give about feeling sad?

- a) Don't think about your feelings
- b) Be kind to yourself
- c) Never talk about it
- d) Stay alone

3

Match these adjectives to the definitions. Which feelings are nice, and which are not?

worried

bored

motivated

angry

disappointed

grateful

tired

excited

depressed

calm

1. The feeling that you have when there is nothing to do - _____
2. The feeling that you have when you are very happy and ready for something fun - _____
3. The feeling that you have when you are very sleepy and need to rest - _____
4. The feeling that you have when you are sad because something was not as good as you wanted - _____
5. The feeling that you have when you are scared or nervous about what will happen in the future - _____
6. The feeling that you have when you are very sad and have no energy - _____
7. The feeling that you have when you want to work hard and do something - _____
8. The feeling that you have when you dislike something or upset about it - _____
9. The feeling that you have when you are relaxed and not nervous - _____
10. The feeling that you have when you are happy because someone gave you something nice - _____

4

Talk about these questions. Try to use the adjectives to describe your feelings.

1. How do you usually feel in winter?
2. What is your favorite time of year? How does it make you feel?
3. Do you like Mondays? Why or why not?
4. What can make you feel better during colder months?
5. How do you take care of yourself when you are in a bad mood?

5

Homework: Plan some activities for this Blue Monday that will make you feel good. Make a list of things you will do, and say how they will make you feel.

Correct answers

1

Created in the “Find Facts” and “Fill in the Gap” tools.

1. third
2. saddest
3. weather
4. short
5. stressed

2

Created in “Create a Text” + “ABCD Questions”.

- | | |
|------|------|
| 1. b | 5. c |
| 2. b | 6. b |
| 3. c | 7. b |
| 4. c | |

3

Created in the “Essential Vocabulary” + “Matching Halves” tools.

1. bored
2. excited
3. tired
4. disappointment
5. worried
6. depressed
7. motivated
8. angry
9. calm
10. grateful

5

Created in the “Discussion Questions” tool.