Look

IF YOU FEEL MISERABLE, IT IS IMPORTANT TO KNOW THAT YOU ARE NOT ALONE
Cause Consequence

IT IS IMPORTANT TO KNOW THAT YOU ARE NOT ALONE IF YOU FEEL MISERABLE
Consequence Cause

In conditional sentences we can change the order of Cause and Consequence.

Go to the text: "Tips for a happy life" (Sponge Bob's image) and complete

1) If you are generous to others…….
2) If you buy many material things……..
3) If you have hobbies such as playing sports, watching movies or listening to music…….
4) Give some time to your family……..

IF YOU WANT TO FEEL SUPPORTED AND HAPPY.

YOU FEEL HAPPY AND THE OTHER PERSON TOO

YOU DON'T FEEL HAPPY, THEY DON'T BRING HAPPINESS.

YOU FEEL CHEERFUL AND ENERGETIC.

Go to the text: "What to do if you are sad?" (Daria's Image) and Choose True or False

1) Being sad, worried or upset is totally abnormal. TRUE FALSE
2) If you are sad, don't talk about it. TRUE FALSE
3) Doing things that make you happy, makes you feel better. TRUE FALSE
4) If you read a sad story, try to read a happy one after it. TRUE FALSE

Go to: https://www.canva.com/ and create an Instagram post. Take a screenshot and prepare to share it in class. Here is an example.
TUTORIAL:
https://www.bing.com/videos/search?q=tutorial+para+crear+posts+en+canva&&view=detail&mid=96BE19B8F3524933877796BE19B8F35249338777&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dtutorial%2Bpara%2Bcrear%2Bposts%2Ben%2Bcanva%26FORM%3DHDRSC3

You HAVE to use the following structure:
I feel….