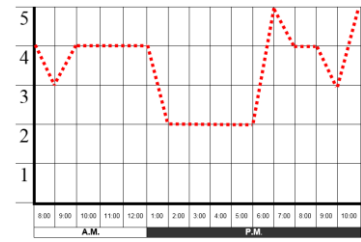


The 'Happy Chart'

How did you feel yesterday?



- *Make a chart to show how you felt yesterday!*

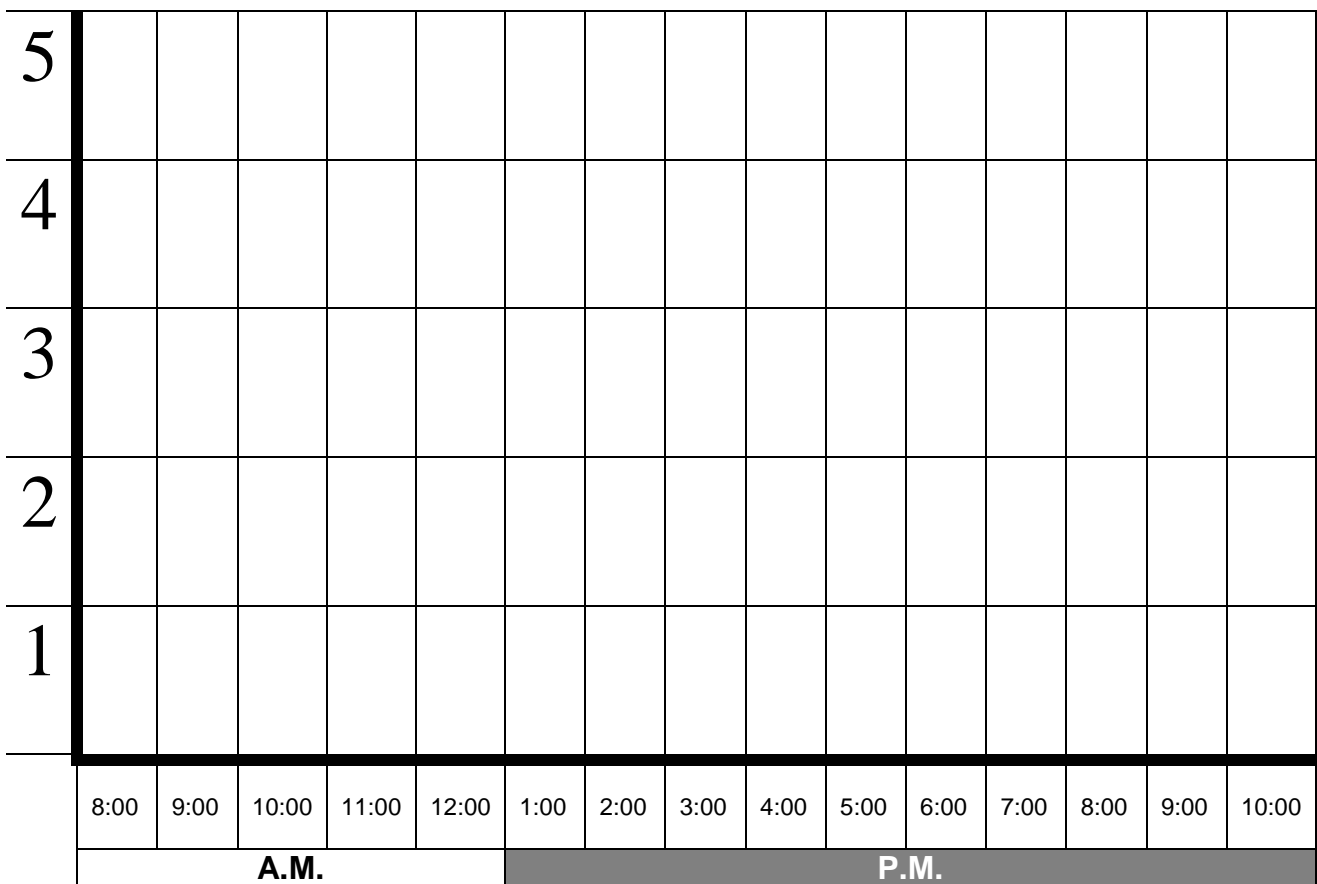
5 = Very happy (You laughed.)

4 = Happy (You smiled.)

3 = Okay (You felt good. Everything was okay.)

2 = Upset (You frowned.)

1 = Very unhappy (You were very angry or sad; you shouted or cried.)



DISCUSSION

- *Show your chart to a classmate and discuss the questions below.*

1. What happened to make you feel the way you did at each of these times?
2. How do you feel right now? Why?
3. How can you change your life to feel happier?
4. Talk about (and / or write about) one of the happiest times of your life.



And then I watched my favorite TV show.

Aims Speaking practice / Writing practice

Level Intermediate to Advanced

Time Approximately 30 minutes

NOTES

(1)

Begin this activity by briefly describing how you felt at various times yesterday, giving reasons for your emotions. Quickly draw a graph (like the one on the handout, but simplified) showing how you felt at different times of the day.

(3 minutes)

(2)

Distribute the handout and ask your students to graph how they felt at different times of the day, keeping in mind what happened to make them feel the way they did.

(5 - 10 minutes)

(3)

Have your students sit in pairs or groups of three to show their charts and discuss the questions at the bottom of the page.

(10 minutes)

(4)

Consider extending the activity by collecting the papers and taping them to the board, or on the walls around the classroom. Then, have your student go around to view their classmates' charts. Encourage questions as your learners will want to find out why their classmates felt the way they did throughout the previous day.

(10 minutes)

(5)

Have a class vote! Who was the happiest person yesterday? Have that person explain their feelings.

(3 minutes)

Consider following up this activity with some writing practice. "Write about one of the happiest days of your life."

My Notes