

The person who knows how to cheer your day up

1. Look at the photos and say why these people might be having a bad day.



2. Complete the questions with the correct prepositions.

- When was the last time:
 - a) you were late **for** work? Why?
 - b) you weren't **on** time for an important meeting? What happened?
 - c) one of your personal devices was out **of** order (e.g. your phone, laptop, etc.)? What did you do with it?
 - d) your car or bus broke **down**? What did you do?
 - e) you were **in** a bad mood? What happened?

3. Discuss the questions from ex. 2.

4. Match the phrasal verbs in bold to their meanings below.

- a) As a clown she visits hospitals and **cheers up** sick children.
- b) We just **got in** the car and went for a drive.
- c) They loved each other very much and, thanks to that, they **got through** that difficult time.
- d) I'm your best friend. Just **let it out** and you'll feel better.
- e) Just **pick up** the phone and call your father to tell him about it.

MEANINGS:

- 1) feel or make someone feel happier **CHEER UP**
- 2) deal with something difficult **GET THROUGH**
- 3) lift something **PICK UP**
- 4) enter a vehicle **GET IN**
- 5) say what is on your mind **LET IT OUT**

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[As a follow-up, you could ask your students the following questions:

- What other things can you get in?
- What other things can you pick up?
- What things or situations can you get through?]

5. Discuss the questions.

- What do you do to cheer yourself up when you are having a bad day?
- Do you ever pick up the phone and call your friends or family to help you feel better?



6. Read the comments below and guess who knows best what to do when we are having a bad day. Then, watch a [video](https://youtu.be/kgdCmi98jTw) [https://youtu.be/kgdCmi98jTw] to check your ideas.¹



7. Watch the [video](#) again and mark which phrasal verbs you hear.

- | | |
|-----------------------|----------------------|
| • break up | • give up |
| • break down | • let it out [00:22] |
| • get in [02:24] | • pick up [02:18] |
| • get through [01:20] | • wake up [00:49] |

¹ Note: In the video, one of the speakers swears once, however, it's kind of bleeped out.

8. Watch the [video](#) again and complete the sentences with one word each.

- a) Never think that you're gonna **fail**. [01:02]
- b) I don't feel they're bad days. They're only **lessons** in life. [01:13]
- c) You start **loving** yourself, you can love everybody else. [01:43]
- d) Chocolate **makes** everybody happy. [02:11]
- e) If you are some grandma's **grandkid**, then pick up the phone and call her. [02:14]

9. Discuss the sentences from ex. 8. Do you agree or disagree with them?

[As a follow-up, you could ask your students the following questions:

- What other things can we learn from grandparents?
- Are you close to your grandparents?
- Did you ever meet your great grandparents?
- Would you like to be a grandparent one day?]