



What mood are you in today?

by Paul Walsh

Lesson Topic: Moods

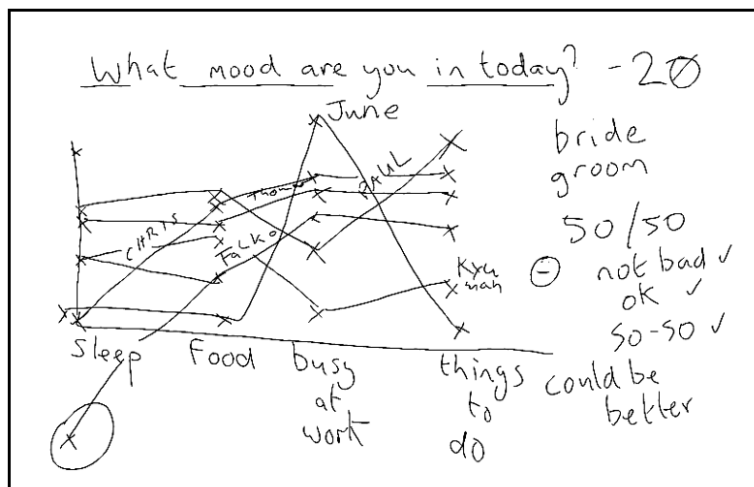
Level: All levels

Time: 10-15 minutes+

Activity: Warmer - talking about how you feel today

Materials: Whiteboard/ Pens/ Materials-free

Language: Describing feelings/ Talking about past actions and states



Preparation

1. Draw a graph onto the whiteboard with just a plain x/y axis (two lines).
2. Draw four categories on the x (horizontal) axis. You can choose any categories, mine were Sleep, Food, Busy at work and Things to do.

Lesson Plan

3. Write the question 'What mood are you in today?' on the WB (above your graph).
4. Ask learners what the word 'mood' means? Elicit responses. You can say that a *mood is a temporary feeling*. You could say to the learners: *when I lose my phone I am angry and in a bad mood. Am I angry forever?*
5. Tell the learners that when you in a bad mood you're not happy, and when you're in a good mood you're happy. Say the following: *I'm in a good mood when students do their homework, what puts you in a good mood?* This can be done in pairs or open class.
6. Elicit responses. Correct if necessary.
7. Say: *I want to find out what mood you are in today. But I need some information to help me. I want you to tell me about how much sleep you had last night, if you are hungry, if you are busy at work and if you have lots of things to do.*
8. Plot your own points on the graph and then sign your 'line'. You can either a) tell the learners about your sleep, hunger, busyness at work and things to do, or b) get them to ask you questions.
9. Then ask them 'Am I in a good mood or a bad mood?'
10. Repeat stages 8 and 9 until all your learners have plotted their information and asked each other questions about sleep, hunger, etc.

Variation

Change the categories on the graph. For example, 'time studying english', 'time travelling to work', 'time watching television'.

