

Beat the autumn blues (teacher's notes)

1. Lead-in (Activity 1) 5 mins

Aims: to engage students in the context of the lesson and introduce the target language.

Procedure: Draw SS' attention to the picture and ask them to discuss the reasons why people feel sad and make a list of ideas how to beat the autumn blues. Conduct a content feedback.

2. Reading an article. (Activity 2) 8 mins

Aims: to practice reading for gist.

Procedure: SS read an article and decide which of their tips were mentioned in the text.

Remind them that they don't have to understand every word and at this stage they can ignore unfamiliar words.

3. Reading an article. (Activity 3) 15 mins

Aims: to practice reading for detail.

Procedure: Set the task and let SS read the true/false statements before they start reading an article again. Let them check their answers in pairs and discuss the answers as a whole group.

Key:

1. Sleep longer hours, wake up preferably after 10 a.m. F (Be a morning person, get outside for 30 minutes between 6am and 10am when daylight is strongest)

2. Stick to a high-fat products which are rich in disease-fighting antioxidants. F (This makes us crave serotonin-boosting carbs such as pasta, potatoes and rice, which can quickly pile on the pounds. Resist the urge and tuck into these low-fat seasonal treats, which are rich in disease-fighting antioxidants).

3. Taking up a new activity will give you a sense of achievement. T (recommends starting by achieving something small such as finally reading that book you've fancied for ages).

4. Don't give up gym trainings to keep your spirits up. T (but that's exactly the time you need to dig deep and find some extra motivation, as research shows exercise can boost your mood)

5. Planning your holiday can boost your mood even more than a trip itself. F (But it's not just the trip itself that puts a smile on your face, it turns out the planning is just as important).

6. It's not so difficult to squeeze morning exercise into your daily routine. T (Getting up just 30 minutes earlier each morning makes it easier to fit exercise into a busy schedule)

4. Vocabulary and speaking. (Activity 4) 10 mins

Aims: to clarify the meaning of collocations from the text and practice them.

Procedure: SS match the words and their definitions in pairs. Check the answers. If you have time, let them roleplay the dialogue between a client and a psychologist. They should make use of some new phrases.

Key:

1. depression flare-ups (10)
2. boost your mood (9).
3. craving more sleep(5)
4. hit a post-summer slump(1)
5. puts a smile on your face (11)
6. trigger seasonal affective disorder (3)
7. stick to a routine(6)
8. end up ditching the gym (8)
9. ward off this condition(4)
10. sail through the season (2)
11. resist the urge(7)
12. fit exercise into a busy schedule (12)

5. Discussing tips. (Activity 5) 10 mins

Aims: to organize free speaking practice.

Procedure: SS put the ideas into three categories and explain their choice in pairs. If you have time let them change partners and report the most interesting information.

6. Sum up. 2-3 mins

Praise SS for good work and give a delayed error correction feedback. The homework is to write how they are going to sail through the season with a smile.