The background of the entire page is a soft, watercolor-style wash of light purple and blue. In each of the four corners, there are delicate illustrations of purple cherry blossom branches with small, five-petaled flowers and green leaves.

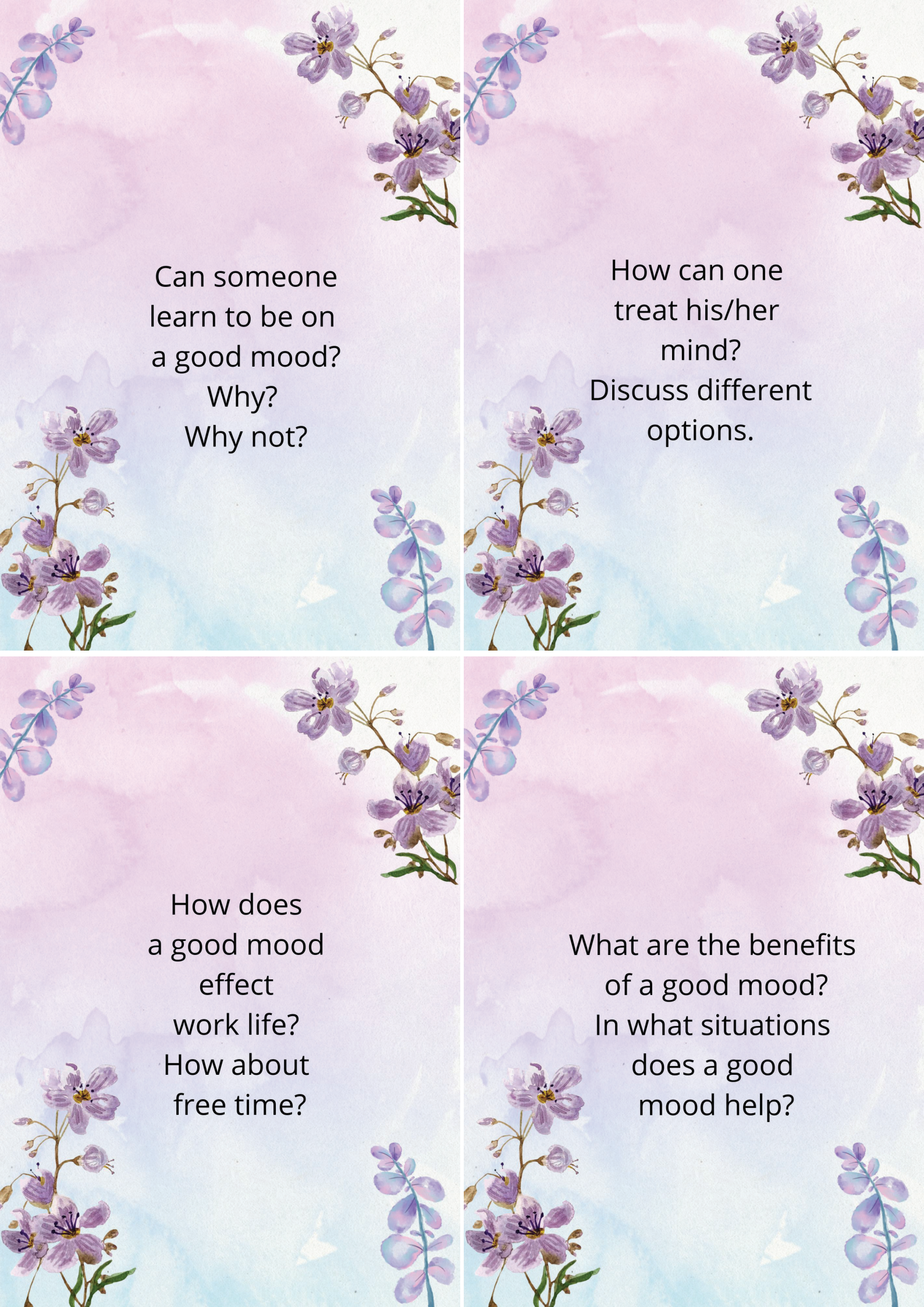
*Good mood -*  
what does it  
mean?

What things make  
you feel good?  
Try to come up  
with as many  
(small and big)  
things as  
you can.

What things  
make you feel  
sad?  
What things ruin  
a good mood?

What makes  
you laugh  
out loud?






Can someone  
learn to be on  
a good mood?  
Why?  
Why not?

How can one  
treat his/her  
mind?  
Discuss different  
options.

How does  
a good mood  
effect  
work life?  
How about  
free time?

What are the benefits  
of a good mood?  
In what situations  
does a good  
mood help?



The background of the entire image is a soft, watercolor-style wash of light pink and lavender. In each of the four corners, there are delicate illustrations of purple cherry blossom branches with small, five-petaled flowers and green leaves.


What is your  
"safe place" -  
meaning a place  
where you feel  
safe and relaxed?  
What places  
bring you good  
vibes?

Together, try to  
come up different  
ways to bring  
good mood  
and positive feelings  
to studies  
and language  
lessons.

When was  
the last time  
you made  
someone smile?  
Tell others  
about it.

How can  
you make  
other people  
feel good?





With whom you  
laugh often?  
What kind of  
situation  
is that?

What emotions  
belong to  
good mood?  
(e.g. happiness,  
joy...)

Useful vocabulary

mind  
feeling  
mood  
satisfied  
laugh out loud  
treat your mind

Instructions for teachers:  
Divide students into small  
discussion groups. Give all  
groups question cards and one  
vocabulary card.

Give instructions on the topic  
and tell them that there are no  
right or wrong answers to these  
questions, but it is good if you  
come up with a lot of different  
perspectives.

The purpose is to exchange  
ideas and think about taking  
care of and nurturing the mind  
and also spreading the good  
mood to others.

First, go through a small  
vocabulary together.