
The background of the entire page is a soft, watercolor-style wash of light pink and pale blue. In each of the four corners, there are delicate illustrations of purple flowers with yellow centers and green stems, some with buds. The flowers are arranged in a way that they appear to be growing from the corners towards the center.

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?




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.