



Are You Ready?

Listen to me. → → Eyes on me. ← ←



Joy and Sadness



You are going to learn:



**Topic: Feelings and health —
Joy and sadness**



Words: sadness, hurt, rest, joy



Grammar: Direct & indirect object

Sing a Song

SHAKE YOUR HANDS

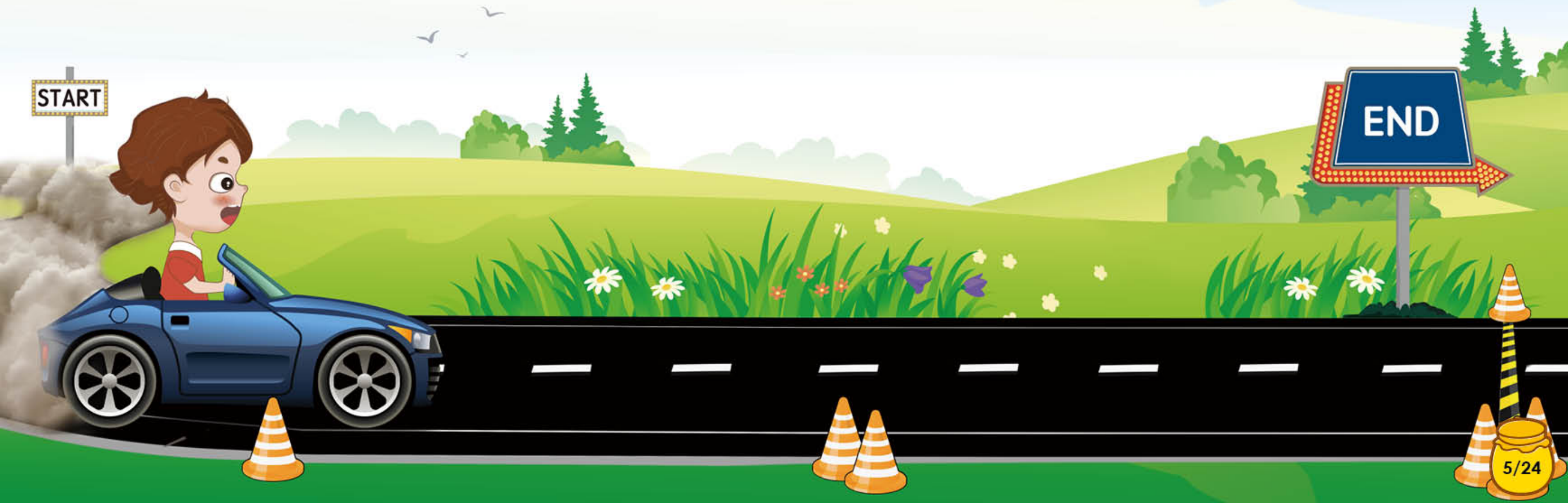
Shake, shake, shake your hands

As slowly as you can.

Shake, shake, shake your hands

As quickly as you can.

Let's prepare!



Vocabulary



Joe felt a great **sadness** when his kitten died.

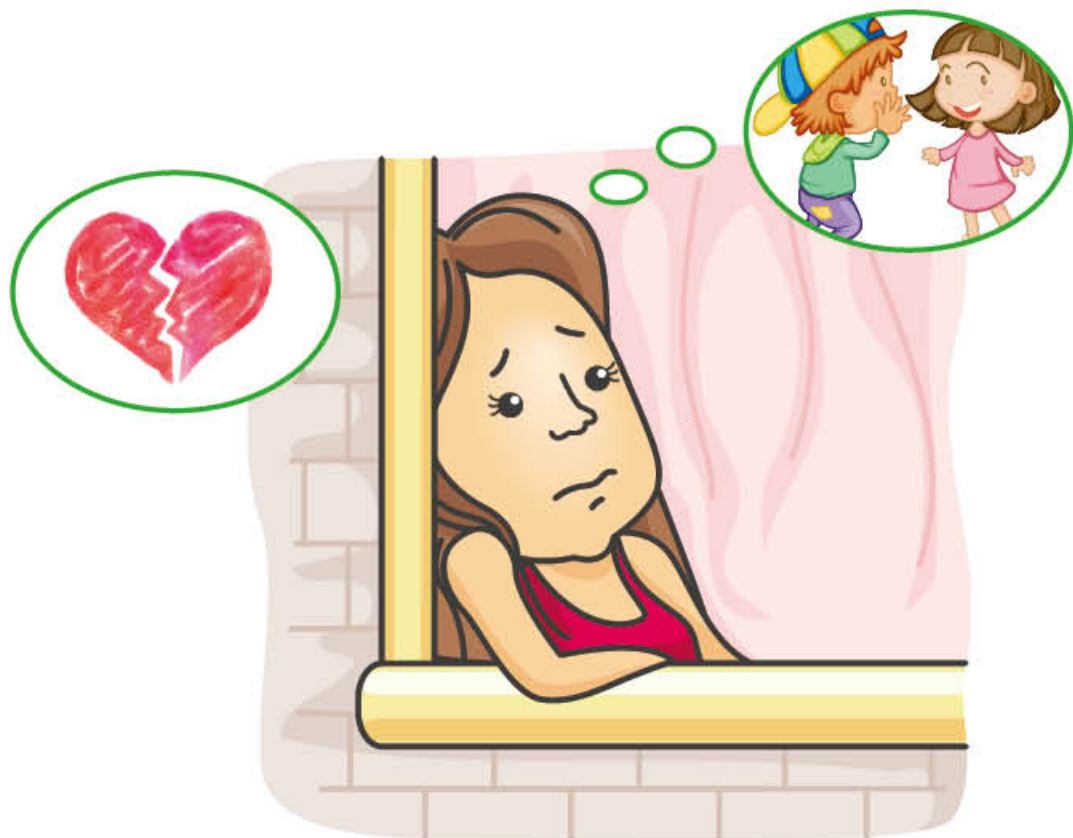
sad·ness



Which one shows sadness?



Vocabulary



I'm really **hurt** that my best friends laughed at me.

hurt



Who is hurt in the picture?



Vocabulary



I'm so tired that I need to take a **rest**.

rest



Who is taking a rest?



Vocabulary



Paul shouted with **joy**.

joy



Which one has a similar meaning to “joy”?

☐ Happiness.

☐ Sadness.

Grammar



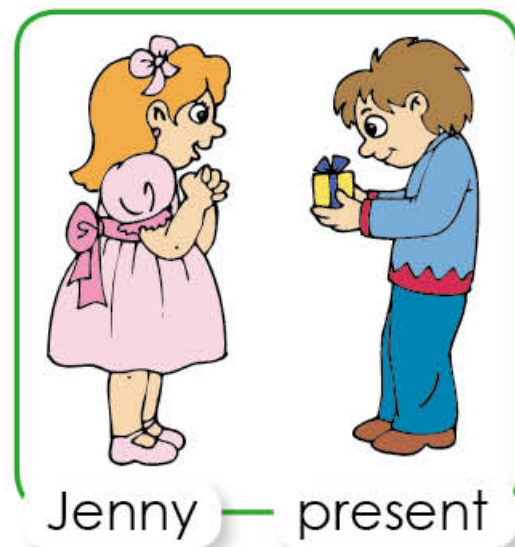
A monk asked his student a very important question.

Subject

Verb

Object 1

Object 2



John gave _____ a _____.

Object 1

Object 2

An **object** is what the verb is being done to.



Let's read!





One day, a monk asked **his student a very important question**: “My young student, what is joy? And what is **sadness**? Can you describe them for me?”

Grammar

Direct and indirect object

There are two types of objects:

Direct object: Answers the question “What?” or “Whom?”

Indirect object: Answers the question “To whom?”, “For whom?” or “For what?”

e.g. John gave **Jenny** a present.

↓ ↓
Indirect object Direct object

“Jenny” answers “To whom did John give a present?”.

“A present” answers “What did John give?”.



What did the monk ask his student?



The student thought and said: "Sadness is when someone feels unhappy. Maybe they have a problem, or they are **hurt**. I sometimes have great sadness. How can I stop this feeling, Master?"



What did the student say about sadness?



The monk answered: "If you are sad, you need to solve the problem that you have. Talk to your kind family and good friends. Sometimes just having a long **rest** can help too. Now, tell me about joy."



What did the monk say about being sad?



“Yes, Master.” said the student. “**Joy** is when someone feels extremely happy. I love the really warm feeling of joy. Sometimes, my friends and I sit around for hours, just telling jokes and laughing. It gives us so much joy!”



What can give the student joy?

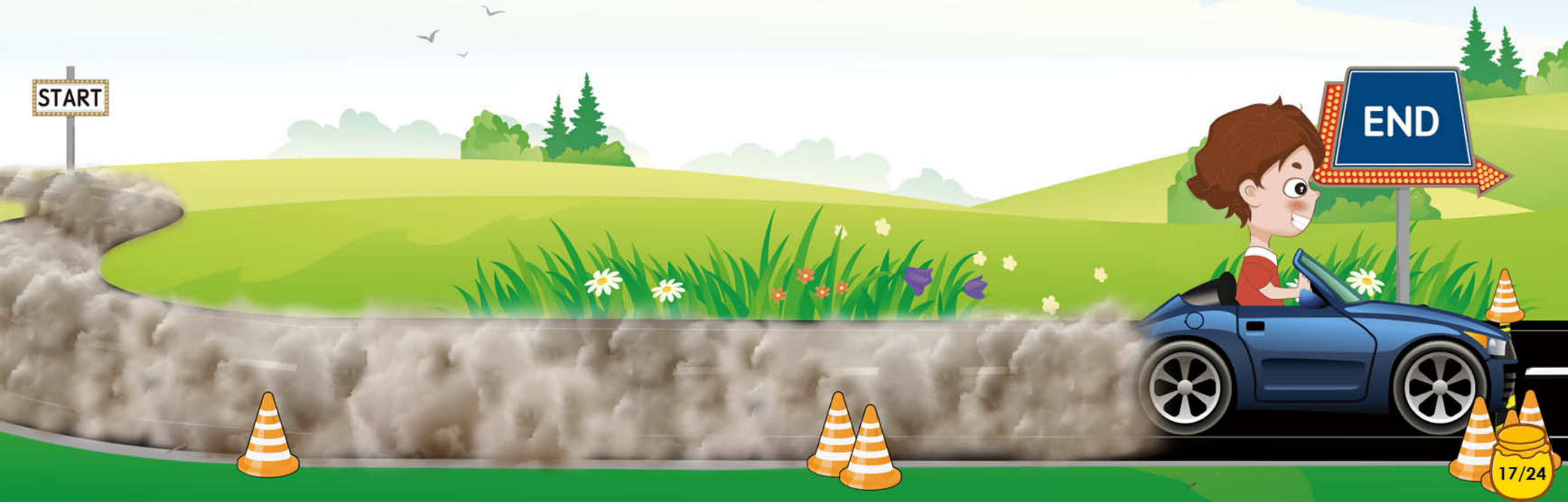


“Very good!” the monk said. “And remember: The best way to feel more joy and less sadness is to spread kindness to everyone you meet. That way, you can help them if they have a problem, and you will make new friends too.”



Why should we spread kindness to everyone we meet?

Let's practice!



Activity

Look at the pictures and make sentences using the words.

1



sadness



2



hurt



3



joy



4



rest



Activity

Read and put the sentences in the right boxes.

What can make us feel joy or sadness?

1. Spread kindness to everyone.
2. Being hurt.
3. Help others if they have a problem.
4. Have a problem.



feel joy



feel sadness



Activity

Choose the correct pictures according to the passage, then correct the wrong sentence.

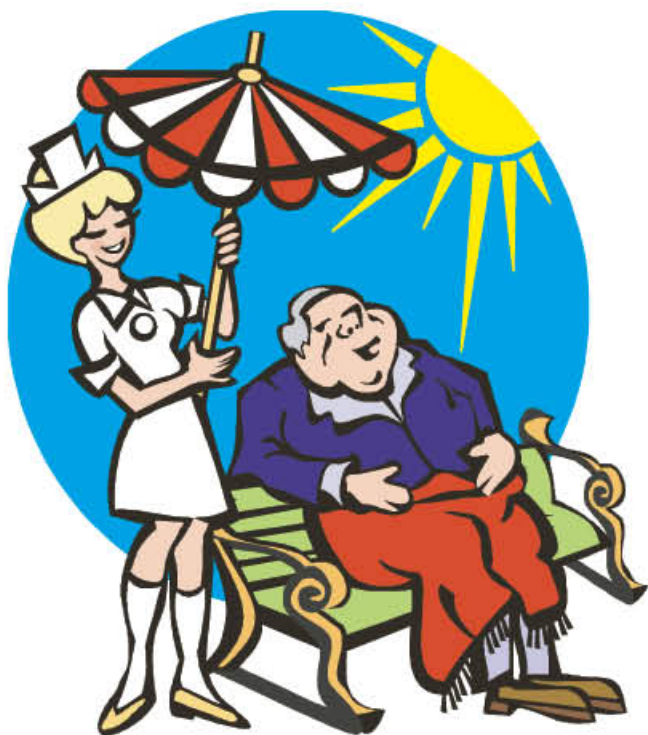
The best way to feel more joy and less sadness is to spread kindness to everyone you meet. That way, you can help them if they have a problem, and you will make new friends too.

The best way to feel more joy and less sadness is to make new friends.



Writing Preparation

Prepare for your writing by answering the questions.



Hints:

hold up umbrella happy

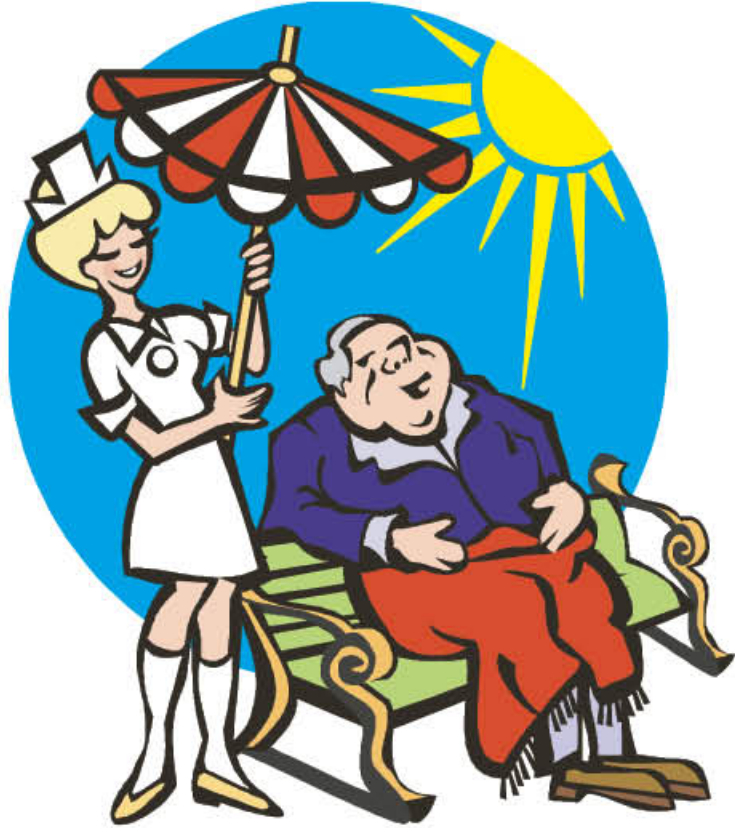
Let's talk!

What's the nurse doing? Does it
please her to help the lady?



Writing Project

Write a passage about the picture.



Hints: hold up umbrella happy

Today I learned:

Topic

Feelings and health —
Joy and sadness

Words



sadness



hurt



rest



joy

Grammar



Direct & indirect
object

e.g. A monk asked
**his student a very
important question.**

SEE YOU SOON!



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TALK