

# Is This Feeling Normal?

## Discussion

How are you doing?(How do you feel?)

How old are you?

I am fourteen years old.

This is adult's course.

How can you attend this course?

Why don't you take children's courses?

They are made for children, they are made for you, I think this course is too hard.

What are your hobbies?

I like playing football.

Why do you like football?

Because I think football is fun.

What is fun about it?

I can play football with my friends.

It can make me strong.

Do you have a favorite football team?

I only like playing, I don't watch football.

Why do you want to improve your English?

Because I want to talk with English people well.

What did you do before this lesson? (Past Simple - "did?")

I did my homework.

What else did you do?

I went to this class.

What did you do this morning?

This morning I ran with my friends.

What was the most interesting thing you ever did?

The most interesting thing I ever did was watching sea with my friends.

What is depression?

Depression is a state in which a person is exposed to stress for a long period of time.

What causes stress in people's lives?

Jobs, school, and relationships can cause stress.

Are you depressed?

No, I am not. Because I have my friends.

What is well-being?

Well-being is the state in which person is healthy(mentally and physically), and happy.

What do you do to stay healthy?

I play football with friends, and run.

Do you eat healthy foods?

Yes, I do. I eat green vegetables.

How much do you sleep?

I sleep from eight to nine hours a day.

**When you answer a question, make sure you use the correct verb tense. You should generally be careful with verb tenses.**

## **Grammar**

### **Verb Tenses**

Verb tenses are forms of verbs, that are used to tell the time.

#### **Present**

1. Present Simple
2. Present Continuous
3. Present Perfect
4. Present Perfect Continuous

#### **Past**

1. Past Simple
2. Past Perfect
3. Past Continuous
4. Past Perfect Continuous

#### **Future**

1. Future Simple
2. Future Perfect
3. Future Continuous
4. Future Perfect Continuous

## **Vocabulary**

### **Useful Words**

1. mental(adj.):related to mind, thinking, or brain.
2. mental health(noun):the health of one's mind.

### **New Words**

1. depression(noun)
2. low mood(noun)
3. interest(noun)
4. enjoy(verb)
5. sadness(noun)
6. extreme(adj.)