# 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 heath of one’s mind.

### New Words

1. depression(noun)
2. low mood(noun)
3. interest(noun)