Wellbeing English — All About Winter

Canva Presentation: https://canva.link/vl8qtrzvxyhp8vq
Customisable Canva Presentation: https://canva.link/a0rlsuekm9i9h9j

Part 1. What do you think of when you hear the word "winter"? Choose three words from the box, or use your own, and explain your choices.

Winter words

cold · snow · rain · dark · cosy · holidays · family · soup · coats · lights · quiet · boring

Part 2. What's winter like where you live? Make a few notes, then describe it. No real winter where you live? Describe the coolest or rainiest time of year.

Winter where I live	***My notes***
The weather	
What people wear	
What people eat and drink	
What people do at the weekend	
Special days or festivals	

Part 3. Discuss the questions.

- What's your favourite thing about winter? And the worst thing?
- What did you love doing in winter when you were a child?
- Have you ever seen snow? Where were you, and what was it like?
- What do you usually do at the weekend when it's cold or rainy?
- Which do you prefer, winter or summer? Why?

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Part 4. Which do you prefer? Choose one in each pair and explain why.

Hot chocolate	*or*	a cup of tea
A cold, sunny day	*or*	a warm, rainy day
A winter holiday in the mountains	*or*	a winter holiday on the beach
One big coat	*or*	lots of layers
Snow	*or*	sunshine

Part 5. Which of these are true for you? Choose two and say more.

- I feel the cold more than most people.
- It's hard to get out of bed on cold, dark mornings.
- I eat more in winter.
- I catch colds more often in winter.
- I love quiet winter evenings at home.
- I'd love to live somewhere with lots of snow.

Part 6. What are the best things about winter? Number your top three and explain your choices.

Hot drinks		Cosy evenings at home	
Warm winter food		Holidays and time off	
Lights and decorations		Snow	
Wearing warm, comfortable clothes		Long nights for sleeping	

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Part 7. What would you do? Choose an option or think of your own idea.

It's cold and raining, and a friend wants to go for a long walk.

1. *Go. Just wrap up warm.*
2. *Say no and stay in.*
3. *Suggest a café instead.*
4. *Go, but only for 10 minutes.*

Your home is really cold, and the heating is very expensive.

1. *Turn the heating on anyway.*
2. *Put on more layers.*
3. *Spend more time in a café or library.*
4. *Get under a blanket with a hot water bottle.*

You can take a winter holiday next week, but you don't have much money.

1. *Go somewhere with snow.*
2. *Go somewhere hot and sunny.*
3. *Visit family.*
4. *Stay at home and relax.*

Part 8. A friend from a hot country is visiting a cold country in winter for the first time. Give them five useful tips. Which tip is the most important?

Think about: clothes, food, getting around, things to do, staying healthy.

Useful phrases

Make sure you bring… · Don't forget… · You should try… · Be careful on… · It gets dark early, so…

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Part 9. Do you agree or disagree? Explain why.

- Winter is the best season of the year.
- People are happier in summer.
- Winter food is the best food.
- Everyone should see snow at least once.
- Cold weather is better than hot weather.
- It's nice when it gets dark early.

Part 10. Tell a story about a winter you remember: a snowy day, a cold holiday, a special celebration, or a time you were really, really cold.

Think about:

- Where you were, and who you were with
- What happened
- How you felt
- Why you still remember it

Reflection

Complete the sentences in your own words.

1. The best thing about winter is…
2. The worst thing about winter is…
3. My perfect winter evening is…

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