

The Sunday Feeling

Intermediate (B1–B2)



Part 1. Look at the situations below. Which ones do you recognise? Choose three and tell your partner.

Feeling a heaviness on Sunday afternoon, before anything has even happened

Trying to fit in everything fun before the weekend disappears

Thinking about Monday's tasks while you're still meant to be relaxing

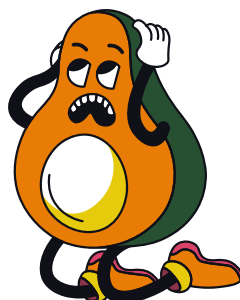
Feeling fine until a specific moment — then the mood suddenly drops

Staying up late on Sunday, almost refusing to let the weekend end

Feeling strangely tired on Sunday evening, even though you didn't do much

Checking work messages 'just to be ready' for Monday

Feeling completely fine — and slightly confused that everyone else seems to dread it



Part 2. Choose one option in each pair. Give a reason or example.

A busy, sociable weekend	or	a quiet, restful one?
Doing Monday's preparation on Sunday	or	leaving everything until Monday morning?
Ending the weekend with something relaxing	or	ending it with something fun, even if it's tiring?
Sunday evenings alone	or	Sunday evenings with other people?
Accepting the Sunday feeling	or	actively trying to fight it?
A short, sweet weekend	or	a long weekend that drags by the end?

Part 3. Read the statements. Which ones feel true for you? Explain why.

- My mood noticeably changes at some point on a Sunday.
- I sometimes ruin the end of my weekend by thinking too much about the week ahead.
- I feel a kind of pressure to make the weekend 'count' before it disappears.
- The Sunday feeling has very little to do with my job — it's more about something else.
- I have found things that genuinely help me feel better on a Sunday evening.
- I think the Sunday feeling has changed for me since I was younger.

Part 4. Discuss the following questions.

- When did you last properly feel the Sunday feeling? What was happening, and what did it feel like in your body, not just your mind?
- Do you think people who love their jobs still get the Sunday feeling? Why or why not?
- Is there a moment in the weekend when you can feel it 'turning' — when Saturday's mood becomes Sunday's mood?
- Have you ever talked to someone else about feeling this way? What was their reaction?

Part 5. Look at the list below. Sort the items into two groups in your head: things that make the Sunday feeling worse, and things that help. Then discuss with your partner — do you agree on all of them?

Checking work emails	Going for a walk	Staying up too late
Planning the week ahead in detail	Watching a film	Tidying your home
Comparing your weekend to others online	Cooking a nice meal	Thinking about everything you didn't get done
Doing nothing at all	Talking to a friend	Getting ready for bed early

Part 6. Match each expression to its meaning. Then use two of these expressions to describe how Sunday evenings usually feel for you.

To dread something	Anticipatory anxiety	To wind down	A sense of impending doom
To make the most of something	To switch off	A low-grade feeling	To ease into something

- _____ a strong feeling that something bad is about to happen, even without a clear reason
- _____ to start something gradually and gently, rather than suddenly or with full force
- _____ to feel worried or unhappy about something that is going to happen
- _____ to use the time, opportunity, or experience as fully and well as possible
- _____ to stop thinking about work or responsibilities and properly relax
- _____ a mild but persistent feeling, not intense, but noticeable in the background
- _____ the feeling of worry or unease about something before it has actually happened
- _____ to gradually relax and slow down, especially before resting or sleeping

Part 7. Read each situation. Choose the response closest to how you'd actually feel or behave. Then discuss with your partner.

It's 6pm on Sunday. You've had a genuinely nice weekend, but you suddenly feel a familiar low mood arrive.

1. You try to distract yourself with something fun before bed.
2. You accept the feeling and let it pass without fighting it.
3. You start thinking about everything you need to do tomorrow.
4. You feel a bit annoyed that the nice weekend is being 'ruined' by this feeling.

A friend says, 'Ugh, Sunday night, I hate this feeling.' You don't really feel it yourself this week.

1. You say you know exactly what they mean, even though tonight you don't feel it.
2. You admit you don't really get it and ask them to explain what it feels like.
3. You wonder whether you're just better than them at switching off.
4. You start to wonder if maybe you should be feeling it too.

You have a particularly difficult or busy week ahead. It's Sunday afternoon and you can feel the dread building earlier than usual.

1. You try to plan a little on Sunday so Monday feels less overwhelming.
2. You deliberately avoid thinking about it until Monday actually arrives.
3. You talk to someone about what's coming up — saying it out loud helps.
4. You notice the dread but try to enjoy the rest of Sunday anyway.

Part 8. Do you agree, disagree, or partly agree with the statements below? Explain your thinking.

- The Sunday feeling is really about work, even if people say it isn't.
- Having a proper routine on Sunday evening can reduce the feeling significantly.
- People who don't experience the Sunday feeling are just better at living in the moment.
- Social media makes the Sunday feeling worse — seeing other people's weekends adds extra pressure.
- The Sunday feeling says more about how we live during the week than about Sundays themselves.

Part 9. Guess your partner's answers before you ask. Then check — how well do you know them?

- Do they experience the Sunday feeling — strongly, a little, or not at all?
- What time does it usually start for them, if it happens?
- What is their go-to way of dealing with it?
- Was Sunday always like this for them, or has it changed over the years?
- What is one thing that could make their Sunday evenings genuinely better?

Part 10. Read the two viewpoints. Which do you agree with more? Discuss.

Viewpoint A

The Sunday feeling is mostly about the working week ahead. If people had jobs they genuinely enjoyed, or a healthier balance between work and rest, the feeling would mostly disappear. It is a signal worth listening to — it might be telling you something needs to change.

Viewpoint B

The Sunday feeling is less about work and more about endings in general. Any pleasant period of freedom coming to a close — a holiday, a weekend, even a good evening — can create the same low mood. It isn't really a signal about your job; it's just how humans respond to good things ending.

Part 11. Tell your partner about a Sunday — recent or long ago — that you remember clearly, for good or bad reasons.

Think about:

- What made that particular Sunday memorable
- Whether you felt the Sunday feeling that day, or whether it was different
- What you were going into the next day — did that affect how you felt?
- Whether thinking about it now changes how you feel about Sundays in general

REFLECTION

Complete the sentences in your own words.

- For me, the Sunday feeling is mostly about...
- It usually starts when...
- The thing that helps me most is...
- One small change I could make to my Sunday evenings is...