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ACTIVITY BOOK



ENGLISH 12

Unit 5

PSYCHOLOGY

Functions

- Describing mood
- Making suggestions to change negative mood
- Following and giving instructions

OGM
MATERYAL



4th
VOLUME

PREFACE

Dear Students,

In this activity book, there are activities at various levels and structures that will allow you to use the knowledge and skills you have gained during the teaching processes. With these activities, you will have the opportunity to both revise the subjects you have studied at school and monitor your academic progress. The activities in this activity book prepared for this purpose were structured to include cognitive domain steps.

In the activity book, besides gap filling, matching, multiple-choice, open-ended, short-answer item type activities, there are some other activities which allow you to have a pleasant time with content such as crossword, wordsearch puzzles, skill-based activity, structured grid, and fun time activities. Also, in the "Do I remember?" section, you will be able to self-evaluate academically and you will have the opportunity to revise the missing topics through the data matrix.

We aim to contribute to your academic development with this activity book, which has been meticulously prepared by experts in the field. Hope to see the positive reflections of this study in your education life...



Do I remember?

How much do you remember? Tick the correct option for you. Add up your points and evaluate your performance according to the scale.

1

Hopeful, amused, calm, approving, empathetic, joyful, sincere, excited, humorous are some of the words used to describe positive mood or mood tones.

I remember
2 Points

☐

I partly remember
1 Point

☐

I don't remember
0 Point

☐

2

Desperate, shocked, depressed, blunt, upset, nervous, disrespectful, miserable, threatening, annoyed, sarcastic, bossy, embarrassed, anxious, childish are some of the words used to describe negative mood or mood tones.

I remember
2 Points

☐

I partly remember
1 Point

☐

I don't remember
0 Point

☐

3

The expressions *I suggest, Let's, Why don't we...?, Shall we...?, How/What about...?* are used to describe suggestions.

I remember
2 Points

☐

I partly remember
1 Point

☐

I don't remember
0 Point

☐

4

That'll be nice and I'd love to... are some of the expressions to accept a suggestion.

I remember
2 Points

☐

I partly remember
1 Point

☐

I don't remember
0 Point

☐

5

The expression *I suggest* can be followed by a clause with the bare form of the verb, or a gerund form.

I remember
2 Points

☐

I partly remember
1 Point

☐

I don't remember
0 Point

☐



Do I remember?

6

Calm down!, Take a deep breath and listen to me carefully., Stop complaining!, See me in private after class! are some of the instructions we can give to change the mood of a person.

I remember
2 Points

☐

I partly remember
1 Point

☐

I don't remember
0 Point

☐

7

When we are in a good mood, we have positive interactions, we become more creative and effective. However, people who are in a bad mood or demoralized are less likely to perform well at work or make a good impression.

I remember
2 Points

☐

I partly remember
1 Point

☐

I don't remember
0 Point

☐

8

Some factors influencing moods are diet, sleep, lifestyle, and social impacts.

I remember
2 Points

☐

I partly remember
1 Point

☐

I don't remember
0 Point

☐

EVALUATION SCALE

Points

0-9

Revise the theme!

Points

10-12

Study harder!

Points

13-16

Well done!

Your Total Points



The summary of
statements 1 and 2



The summary of
statements 3, 4 and 6



The summary of
statements 5



The summary of
statements 7 and 8



Matching

1 Match the sentences describing moods with the correct pictures.

A



B



C



D



E



F



G



H



1

By looking at the way she is covering her face with her hand, we can say that she looks embarrassed.



2

He seems to try to close his mouth so as not to reveal his smile. He seems to be sarcastic.



3

She looks rather anxious while she is looking at the paper in her hand.



4

They look as if they are shocked at the recent news.



5

Looking behind her glasses, she seems to be a bossy person.



6

He is treating the old man in the wheeled chair in a disrespectful manner.



7

She seems so calm with her closed eyes and smiling face.



8

They are all laughing and hugging each other. They look so joyful.





A Fill in the dialogues by using the phrases given below.

Why don't we I suggest you Let's Shall we I suggest that How about

1. Elif: I'm feeling exhausted nowadays. I guess the tension in the office is the main reason.
Nicole: _____ take a few days off and go on a vacation. I'm sure you'll feel refreshed.
Elif: That would be great! I think that's what I need.

2. Sam: Look at us! We're here, we've met for coffee and a 'chat' and we're not even talking to each other.
Emma: I'm so sorry! I was just sending a message. I was multitasking!
Sam: Oh, I see that you are busy. _____ meet another time then?

3. Dennis: I can't believe how I made this mistake. It was late last night, and I was tired. I accidentally used my company credit card instead of my own to buy something! What am I going to do now?
Eve: Don't worry. There's a procedure to deal with this. _____ you write an e-mail to the head person in charge of the finance department of the company and state that you want to make up for your mistake.

4. Nelly: Sandra Brown just keeps emailing me about things that have nothing to do with work and nothing to do with me. I don't know what I am going to do.
Paul: _____ asking her to stop sending them?
Nelly: I don't think that's a good idea. I have to be careful what I say as she's quite an important client.

5. Esra: I think we are lost. I can't find the famous opera building in the application of the city map.
Tina: Oh, great! What are we going to do now?
Esra: _____ take a taxi? Taxi drivers sometimes know better than the application.

6. Emily: Jason and I are going to the leisure centre in Carmine Street for bowling on Saturday afternoon. Why don't you come with us, Ricky?
Ricky: I'd love to. By the way, the new girl, Sofia, in our class once said that she liked bowling. Maybe, she would like to come if we invite her.
Emily: That's a good idea! _____ call her right now!



Gap Filling

B Fill in the correct instruction under the pictures. One is extra.

Don't worry! Believe in yourself. We've prepared well enough.
First, calm down! And then, I'll do my best to help you solve the problem with them.
We'll make a study plan right now. But, don't forget to stick to it.
Chill out! Let's go out and drink coffee.
Yeah! Go and change your clothes. We'll celebrate it out.

The meeting starts in 10 minutes.
I'm quite nervous.



2.

It's my birthday today. I'm so happy.



1.

My parents never understand how I feel.
Sometimes I feel lonely.



3.

I don't really know how I can increase my grades. Whatever I try, it doesn't work out.



4.



Multiple Choice

1. Which of the following statements express the people's moods about a movie?

- I. Shall we hang it on this wall? We can feel calm whenever we see it.
- II. His speech and acting made me feel disappointed.
- III. I felt proud when I saw her on the screen.
- IV. The colors of this picture always make me feel joyful.
- V. Why don't you read this one? The author is humorous.

A) I - II

B) II - III

C) III - IV

D) IV - V

E) I - V

2. Which of the following can be said according to the given situation?

You invite one of your colleagues to dinner. She accidentally breaks a plate. You feel that she is embarrassed. You want to comfort her and say:

- A) I can't believe that! It was a gift from my grandfather.
- B) Don't worry, next time you come to dinner, bring a new plate, and we will be all right.
- C) You are so careless! You had better be more careful in somebody else's house.
- D) Oh! I think I will have to throw away the rest of the plates.
- E) Actually, it is not an important plate. Please, stop worrying about it.

3. Choose the correct option to complete the sentence.
If you hurt your leg in a home accident, _____

- A) do not move and call the doctor at once.
- B) turn off the tap and mop the floor.
- C) do not put very small objects around young children.
- D) stand up immediately to check the injury.
- E) take a painkiller and continue the work.

4. Choose the correct option to continue the statement.

Social media use can lead to low quality sleep and harm mental health. _____

- A) Moreover, it has associations with depression, anxiety, and feelings of isolation, particularly among heavy users.
- B) Therefore, many people in today's world live with their smartphones as virtual companions.
- C) That's why it is a powerful communication tool that has changed how individuals interact with one another.
- D) Social media-based networking among small groups of people is beneficial for many.
- E) It provides users with a quick means of electronic communication and content sharing.

5. What can be said for the given situation?

You want to have a rest at home after a very tiring day. But, there is a loud music coming from upstairs which prevents you from sleeping. So, you knock your neighbour's door and warn him politely:

- A) I like the music you are listening to. Who was it composed by?
- B) I will have to make an official complaint unless you stop the music right now.
- C) Turn down the music or I will call the police.
- D) Excuse me! I need to have a rest. Can you turn down the music, please?
- E) Why are being so rude to your neighbours? You are not the only person in this building.

6. Choose the correct option to complete the sentence.

To make a good impression in a job interview, we _____

- A) try to act in a negative way.
- B) don't give the feeling that you are calm and relaxed.
- C) avoid shaking hands.
- D) stay calm and look into people's eyes.
- E) do not smile in a friendly manner.



Multiple Choice

7. Which of the following is the correct order of the sentences in the paragraph?

- I. For example, food which is rich in protein makes us feel awake and focused.
- II. Also, eating the right kind of meal at lunchtime can make a difference if we have an exam in the afternoon.
- III. Moreover, research has shown that school children who eat high-protein breakfast often do better at school than children whose breakfast is lower in protein.
- IV. On the other hand, if we want to feel relaxed and sleep better, we should try eating carbohydrates.
- V. The brain is affected by what we eat and drink.

- A) IV – V – III – II – I
B) II – I – III – IV – V
C) V – I – IV – III – II
D) V – I – III – II – IV
E) I – III – IV – V – II

8. Choose the correct moods according to the emojis below.



- A) joyful – sincere – nervous
B) happy – shocked – angry
C) excited – miserable – bossy
D) calm – amused – depressed
E) hopeful – upset – annoyed

9. Choose the correct option to complete the sentence.

The telephone bell rang many times, but _____ answered.

- A) everybody
B) somebody
C) someone
D) anybody
E) nobody

10. Choose the correct option to complete the paragraph.

Moods and emotions are complex. It's thought that three factors create them in the brain: biology, psychology, and environment (like illness and emotional stress). _____ Common, everyday causes of a negative mood are stress, poor sleep, tiredness and overwork, the urge to eat, interactions with the people around you, the weather, lack of exercise, a need for a break.

- A) So, how does our mood affect the quality of our lives?
B) What is the reason for feeling hungry all day despite eating a lot in winter?
C) However, why do we have many negative feelings during the day?
D) That's the reason for both positive and negative feelings our brain develops.
E) Scientists say that seasons have significant effects upon our mood.

11. Choose the correct option to complete the dialogue.

Mr. Simmons: Hey! Why are you in such a hurry?
Calm down, guys!

Leslie: We can't, sir.

Mr. Simmons: Whatever the problem is, in order to think wisely, first _____

Eric: You're right. Who gets up in anger, sits down with a loss.

- A) go and eat something!
B) get a professional help as this is a serious situation!
C) take a deep breath and chill out!
D) socialize with your classmates.
E) do exercise and sleep well.

12. Choose the correct option to complete the dialogue.

Leslie: I don't think you should sell your car.

Daniel: _____

- A) Thanks for the advice, but I need money.
B) That's a great idea! I can buy yours.
C) Sorry, but I have asked some money from my parents.
D) OK, then let's make another plan.
E) Why don't you take a loan from the bank?



A Have you ever heard the term 'toxic positivity'? Read the text and get information.



'Toxic positivity': The importance of living with negative emotions

It is almost impossible to see quotes or comments accompanied with motivational sentences such as, "Every cloud has a silver lining," "Focus on the good things," or "When life gives you lemons, make lemonade." on social media platforms. These words may seem comforting, but they also highlight an aspect that can be more harmful than helpful: toxic positivity

- 5 What is toxic positivity? Toxic positivity means rejecting negative emotions and responding to distress with false reassurances rather than empathy. It occurs as a result of feeling uncomfortable with negative emotions and is generally well-intentioned, but can cause alienation and a feeling of disconnection. When people talk about what they are feeling, their main aim is often to validate their emotions and accept the emotional experience. On the contrary, emotional invalidation includes paying no attention, denying, criticizing or refusing another person's feelings. For example, maybe your friend is telling you how scared, worried and uncertain he/she is about the future. This is hard to hear for you, so instead of listening, you try to reassure him/her that everything will be OK. This attitude may misrepresent you to others, making you seem hard to connect with or even a bit fake. There are several studies looking at the effects of emotional invalidation. The results are clear: it is very harmful to mental health. People
- 15 experiencing emotional invalidation are more likely to have depressive symptoms. Sometimes, it's normal not to want to deal with your negative emotions. But, if you're regularly forcing a positive attitude on yourself although your feelings are the opposite, it⁽¹⁾ can damage and spoil your mental health. On the other hand, the more psychological flexibility people have, the more they can live with their emotions and get through difficult situations. For example, after a breakup, a young man feels anger, unhappiness and confusion. His friend listens to him and validates him. Then, the man normalizes his conflicting feelings and understands that they will not last forever.

It's important not to put more positive emotions over negative ones first. Don't forget that your negative feelings won't go away unless you eventually deal with them. So, admit them, try to understand where they are coming from, and think about what you can do to send them away. All emotions teach you useful

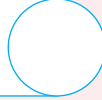
25 information about how you are doing in the world, and all are equally valid. Stop toxic positivity by clearing up what you want from your conversation partner. Let yourself feel your feelings, and let others share theirs without needing to fix them.



Reading Activity

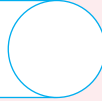
B Match the following idioms/phrases in the text with their meanings.

1. Every cloud has a silver lining.



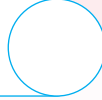
a. Give attention to the positive things.

2. Focus on the good things.



b. Make the best out of a difficult situation.

3. When life gives you lemons, make lemonade.



c. Every sad or unpleasant situation has a positive side in it.

C Find the synonyms of the following words in the text.

1. poisonous (between lines 5-15):

2. goal (between lines 5-15):

3. confirm (between lines 5-15):

4. approach (between lines 15-25):

5. contradictory (between lines 15-25):

D Choose the correct option according to the text.

1. Toxic positivity is ____

- a. neglecting negative feelings and comforting oneself /others in an unrealistic way.
- b. an expression defining the way how people can turn the negative feelings into positive ones.

2. When people talk about their negative feelings, ____

- a. their conversation partners should comfort them by adopting a positive manner.
- b. they usually expect their conversation partner to understand and confirm them.

3. What can be inferred from the text?

- a. Your negative feelings won't disappear if you don't face, admit, try to understand and think about what you can do to address them.
- b. Ignoring negative feelings by saying positive words in difficult conditions is important for mental health.

E Choose the correct option according to the text.

1. What is emotional invalidation?

2. How would you feel if someone you are sharing your negative feelings ignores them and tells you to look on the bright side?

3. What does the bold and underlined 'it'⁽¹⁾ on line 17 refer to?



Skill-based Activity

A What mood(s) would you associate the following with? Write mood adjectives beside the items given.

E.g. Summer - relaxed

1 A day at the beach - _____

2 The university entrance exam - _____

3 The Independence War - _____

4 Insomnia - _____

5 A win by your favorite team - _____

6 Chit-chat with a close friend - _____

7 A weekend vacation - _____

8 A job interview - _____

9 Jetlag - _____

10 Coming across a robber in your house - _____

B1 Solve the cryptogram using the table below. Guess the missing letters.

a	b	c	d	e	f	g	h	i
j	k	l	m	n	o	p	q	r
s	t	u	v	w	x	y	z	

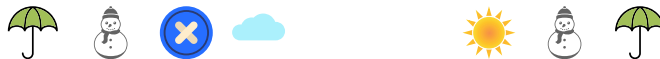
1. She is _____ about this matter.



2. I am _____ .



3. I am _____ .



4. He is behaving in a _____ way.



B2 Now, match the adjectives in B1 to the corresponding mood.



1. _____



2. _____



3. _____



4. _____

C Write one suggestion and one instruction to change negative mood for the given situation.

	E.g.	1.	2.
Situation	It's impossible to go out in such a terrible weather. I feel extremely bored.	The doctor said that I had to lose 5 kilos before the operation. I don't know how I can do this in a short time.	It's the second time my computer has broken down. How am I going to reach my files now?
Suggestion	Let's play a board game to pass the time.	_____	_____
Instruction	Hey! It's not that bad. Sit in front of the window and enjoy the scenery of the snow!	_____	_____



WHAT IS COLOR PSYCHOLOGY?

We can simply describe colour psychology as the effect of different colours on human behaviour. Colours affect people differently, especially in different cultures. There are some colours, such as blue and green which are universally related to nature. However, there are others that are more objective, for example, white in the UK signifies peacefulness and purity, and is often used in weddings, whereas other cultures see it as a colour of death. Colour can be powerful and it can have an effect on not only the visual aesthetics but also evoking particular emotions and feelings. This is why it's important to choose a colour that reflects you. Here are the colours which mostly evoke these certain emotions:

**BLUE**

Honesty, Loyalty, Logic,
Security, Serenity, Stability,
Trust, Confidence, Depth

**GREEN**

Balance, Health, Hope,
Freshness, Nature,
Prosperity, Growth, Safety,
Harmony, Relaxation

**YELLOW**

Optimism, Happiness,
Joy, Attention, Wisdom,
Creativity

**ORANGE**

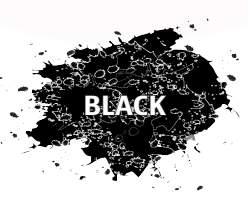
Success, Confidence,
Warmth, Innovation,
Enthusiasm, Creativity,
Bravery, Friendliness

**RED**

Energy, Power,
Determination, Passion,
Excitement, Strength

**WHITE**

Luxury, Purity, Innocence,
Security, Peacefulness,
Freshness, Simplicity,
Clarity

**BLACK**

Authority, Power,
Sophistication, Security,
Mystery, Elegance,
Stability

**BROWN**

Reliability, Seriousness,
Authenticity, Warmth,
Support, Earthiness,
Wishfulness

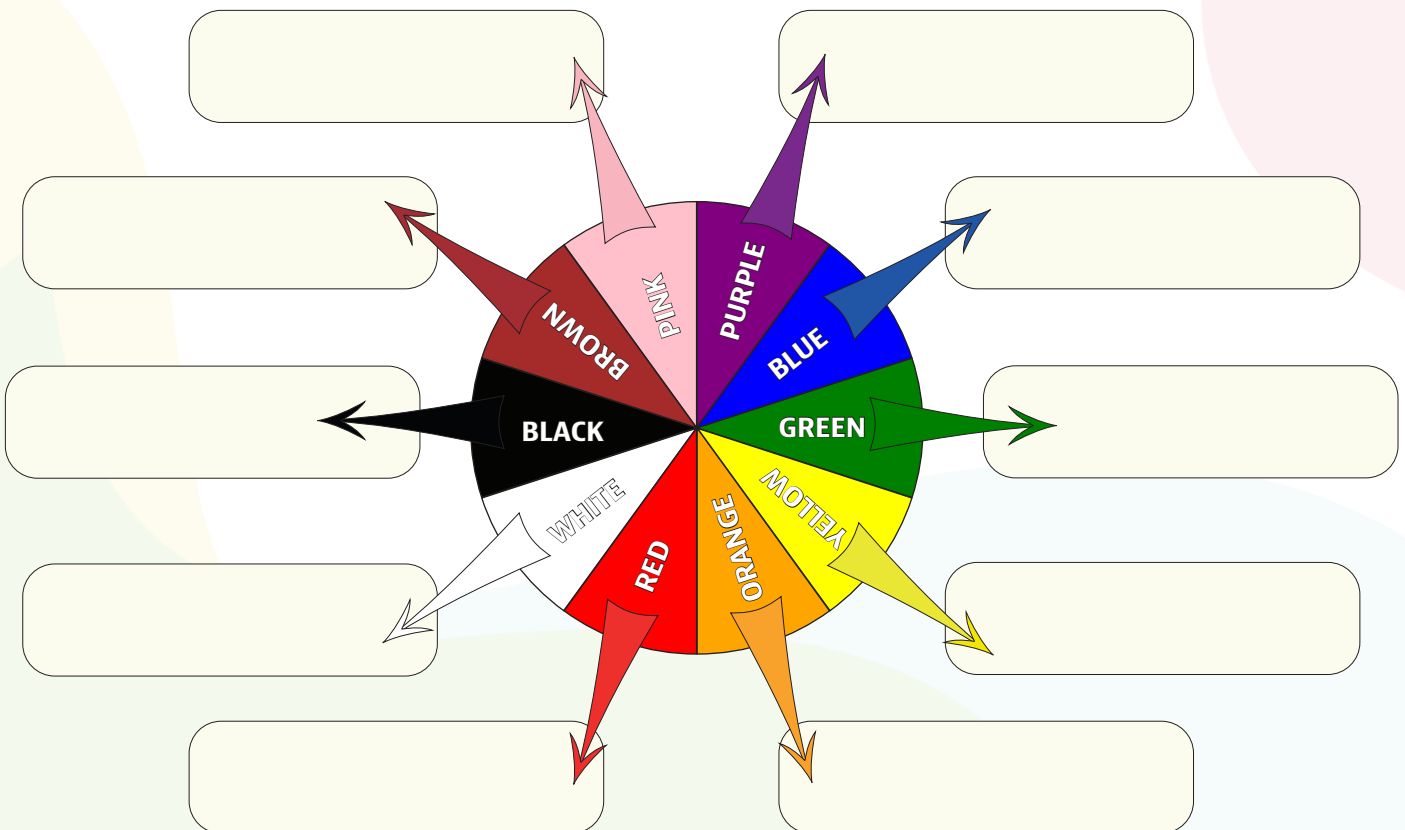
**PINK**

Sensitivity, Imagination,
Balance, Creativity,
Passion, Caring

**PURPLE**

Wisdom, Luxury, Wealth,
Royalty, Inspiration,
Sophistication, Beauty

Do you agree / disagree with this information? Here is a color wheel. Write what emotions / feelings each color evokes in your mind?





Examine the grid below. Answer the following questions by ticking  the boxes accordingly.

a Why don't we ___?	b I'd love to, but ___.	c sincere
d anxious	e Let's ___	f Shall we ___?
g How / What about ___?	h empathetic	i I don't think I can.
j Well, I'd rather ___	k I suggest ___	l miserable

1. Which of the words in the grid describe positive mood?

a	b	c	d	e	f	g	h	i	j	k	l
---	---	---	---	---	---	---	---	---	---	---	---

2. Which of the words in the grid describe negative mood?

a	b	c	d	e	f	g	h	i	j	k	l
---	---	---	---	---	---	---	---	---	---	---	---

3. Which of the expressions used for suggestions in the grid are followed by bare infinitive?

a	b	c	d	e	f	g	h	i	j	k	l
---	---	---	---	---	---	---	---	---	---	---	---

4. Which of the expressions used for suggestions in the grid are followed by gerund?

a	b	c	d	e	f	g	h	i	j	k	l
---	---	---	---	---	---	---	---	---	---	---	---

5. Which of the statements / phrases in the grid are used to refuse a suggestion?

a	b	c	d	e	f	g	h	i	j	k	l
---	---	---	---	---	---	---	---	---	---	---	---

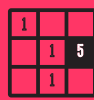


A crossword puzzle grid is shown with 17 numbered starting points. The grid is 15 squares wide and 15 squares high. The numbered squares are:

- 1: Row 1, Column 10
- 2: Row 2, Column 10
- 3: Row 3, Column 12
- 4: Row 4, Column 4
- 5: Row 4, Column 5
- 6: Row 4, Column 8
- 7: Row 4, Column 14
- 8: Row 4, Column 15
- 9: Row 5, Column 3
- 10: Row 6, Column 10
- 11: Row 6, Column 11
- 12: Row 6, Column 12
- 13: Row 6, Column 13
- 14: Row 6, Column 14
- 15: Row 6, Column 15
- 16: Row 6, Column 16
- 17: Row 6, Column 17

DOWN

1. being funny or amusing
3. not knowing exactly what is happening or what to do
5. a manner of people who mean the things they say
6. the way someone behaves in an immature way
8. to walk around somewhere without intending to go in any particular direction



Wordsearch

Find and circle all of the words that are hidden in the grid. The words may be hidden in any direction. The unused letters in the first three lines of the grid will give you the "hidden message".

S	H	A	R	E	D	S	J	E	O	H	L	Y	I	S
E	S	A	A	D	I	O	T	U	S	U	B	L	E	U
X	J	O	P	N	Y	A	C	I	F	F	I	G	D	O
C	Z	A	C	P	R	K	D	E	S	U	M	A	E	I
I	D	E	E	E	R	L	P	F	W	U	I	C	P	X
T	R	L	P	A	I	O	D	J	V	B	S	G	R	N
E	S	S	Z	H	H	V	V	S	R	J	E	V	E	A
D	E	V	C	D	Y	B	M	I	I	V	R	W	S	S
D	A	N	N	O	Y	E	D	N	N	T	A	O	S	U
N	E	R	V	O	U	S	D	M	M	G	B	R	E	O
C	I	T	E	H	T	A	P	M	E	A	L	T	D	R
V	S	T	Q	M	K	C	X	K	Z	R	E	G	L	O
V	B	R	L	K	U	N	J	E	V	S	N	F	E	M
R	U	V	R	F	R	G	E	J	P	T	V	I	H	U
X	F	D	H	B	T	U	K	U	V	W	X	G	V	H

AMUSED
APPROVING
DESPERATE
HOPEFUL
NERVOUS

ANNOYED
CHILDISH
EMPATHETIC
HUMOROUS
SINCERE

ANXIOUS
DEPRESSED
EXCITED
MISERABLE
UPSET

HIDDEN MESSAGE: _____

Answer Key

Matching

1. H 2. C 3. E 4. B 5. A 6. G 7. D 8. F

Gap Filling

A

1. I suggest you 4. How about
2. Why don't we / Shall we 5. Why don't we / Shall we
3. I suggest that 6. Let's

B

1. Yeah! Go and change your clothes. We'll celebrate it out.
2. Don't worry! Believe in yourself. We've prepared well enough.
3. First, calm down! And then, I'll do my best to help you solve the problem with them.
4. We'll make a study plan right now. But, don't forget to stick to it.
Extra: Chill out! Let's go out and drink coffee.

Multiple Choice

1. B 2. E 3. A 4. A 5. D 6. D
7. D 8. B 9. E 10. C 11. C 12. A

Reading Activity

B

- 1 c
2 a
3 b

C

- 1 toxic
2 aim
3 validate
4 attitude
5 conflicting

D

- 1 a
2 b
3 a

E

1. Emotional invalidation is paying no attention, denying, criticizing or refusing another person's feelings.
2. Students' own answers.
3. Forcing a positive attitude on yourself although your feelings are the opposite.

Skill-based Activity

A Students' own answers.

B1 1. neutral 3. depressed
2. frustrated 4. threatening

B2 1. depressed 3. threatening
2. frustrated 4. neutral

Possible answers:	1.	2.
Situation	The doctor said that I had to lose 5 kilos before the operation. I don't know how I can do this in a short time.	It's the second time my computer has broken down. How am I going to reach my files now?
Suggestion	How/What about consulting a dietician?	I know a computer expert. Shall we ask him about your problem?
Instruction	Try following a diet program strictly.	Use a recovery program. It can be helpful.

Fun Time

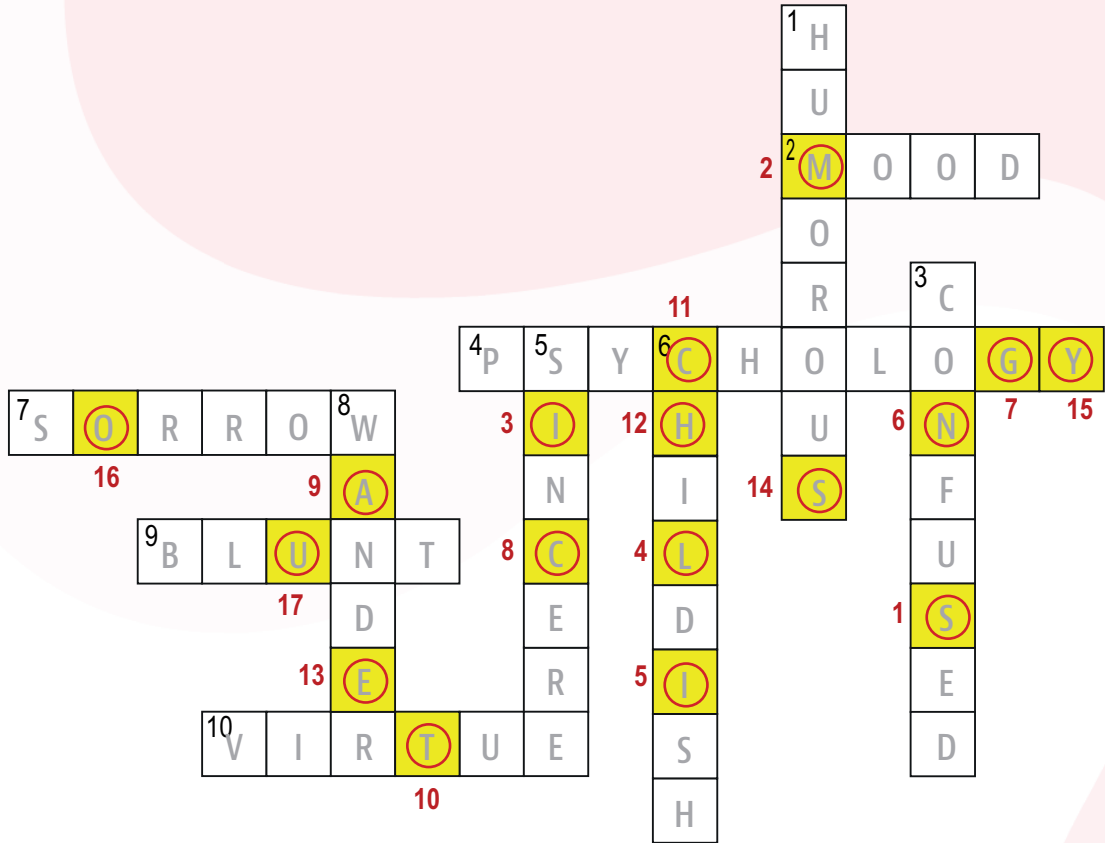
Students' own answers.

Structured Grid

1	a	b	c	d	e	f	g	h	i	j	k	l
2	a	b	c	d	e	f	g	h	i	j	k	l
3	a	b	c	d	e	f	g	h	i	j	k	l
4	a	b	c	d	e	f	g	h	i	j	k	l
5	a	b	c	d	e	f	g	h	i	j	k	l

Answer Key

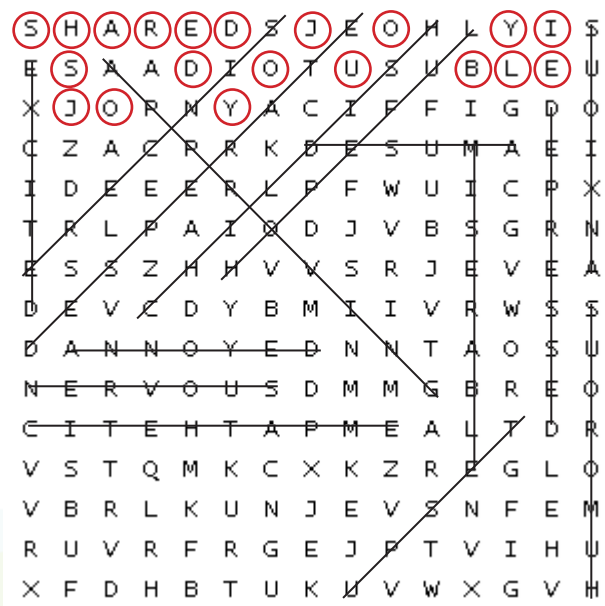
Crossword Puzzle



KEYWORD:

S M I L I N G C A T C H E S Y O U

Wordsearch



HIDDEN MESSAGE: S H A R E D J O I S A D O B L E J O I Y

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Beceri Temelli Kitaplar

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