



UP FROM THE DUMPS!

- 1 Sometimes it's hard to be happy all the time. It is very normal to feel sad, and everyone will experience this at some point in their lives. People have even made up other terms for this sadness - 'feeling blue' and 'down in the dumps'. Each person is different in how they show that they have the blues. Things can upset a person a lot quicker when they're sad, or they may just want to be alone and remain in bed all day long.
- 2 There are lots of causes for feeling 'down in the dumps'. Some of these you will know straight away. You may be disappointed because something you were looking forward to never happened, or someone makes you upset by

saying mean things to you. Other times you can become sad and not know the reason. If this happens, you should talk to a parent or a teacher. It is amazing what can be done with a good conversation.

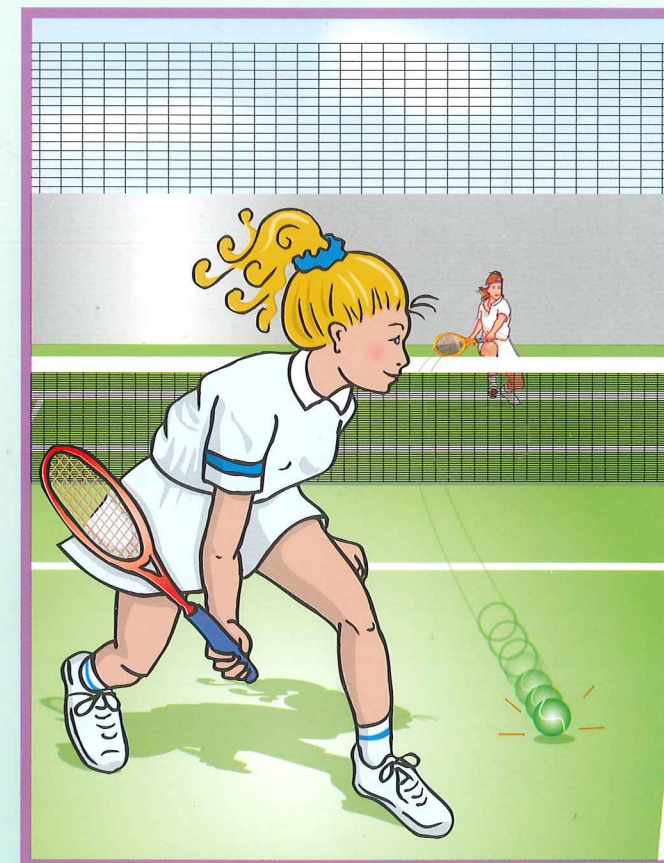
- 3 Looking on the bright side, whenever you're down in the dumps, you can rest assured that the only way to go from there is up! There are quite a lot of things that you can do to help whenever you're feeling blue. It may come as a surprise, but a lot of these things are very easy to do. First you need to know that it is likely that one day you will feel 'down'. You might not even know why. This is where having — and being — a good friend, is invaluable. Supporting a loved one, or having a loved one to support you, is at times all that is needed to kick your grinning muscles into gear.

- 4 Exercise is another fantastic way to launch yourself up and out of the dumps. It doesn't even have to cause you to sweat a lot either. A brisk walk is a great start, but you can make exercise more fun by playing tennis with a friend, going for a swim, or playing a game of football. When you exercise, your body produces chemicals called **endorphins**. These are like a reward - they make you feel really happy.

- 5 How about laughter? Giggling, chuckling and full on guffawing are all effective ways of beating the blues. If you don't feel like having a laugh with someone, you can help yourself. Make a list of funny movies that you love and watch one of them whenever you feel down. You could even have fun practising to become a stand-up comedian. Find yourself

a joke book and pick your favourites to tell everyone.

- 6 Lively music, with fast beats and rich notes, will lift your spirits. Being outside in the sunshine does this too. If you're ever feeling blue, try activities such as flying a kite, painting a picture, riding a bicycle down a steep hill, or singing loudly. Sometimes it helps to write your problems on paper (as angrily and as rudely as you want) and then, tear the paper up and throw it away.
- 7 The main thing to do if you are feeling blue is not to sit and brood. Hens are broody: they sit on eggs and hatch them. Sitting on problems only hatches bluer and angrier thoughts.



The main thing to do if you are feeling blue is to take action.

8 The very best action you can take is to go outside and interact with others. Seeing — and helping — someone worse off than yourself will make you appreciate your own life. Have a look at all of the charities and community projects around you, pick your best one and get involved! Thinking of someone else is a way of not thinking about yourself. Feeling sorry for yourself is often what is at the very heart of having the blues.

9 Just think how boring the world would be if everyone gave up whenever they felt life pulling them down. Nothing interesting would happen, because everyone would spend too much time feeling upset. It wouldn't be very nice, would it? There's no point dwelling on bad things when there's just so much more out there for you to experience. Have fun!

Questions

- 1 Being "down in the dumps" means that you
 - a feel sad.
 - b are a child.
 - c want to get out of bed.
- 2 What do you do when you don't know why you are sad?
 - a fly a kite
 - b talk to a parent or teacher
 - c dwell on feeling sad
- 3 What are endorphins?
 - a people who are sad
 - b funny sea creatures
 - c chemicals made in your body
- 4 The very best action you can take is
 - a laugh.
 - b go outside and interact with people.
 - c write rude thoughts.
- 5 What is important to remember about being 'down in the dumps'?
 - a that it happens to everyone
 - b that you need to keep it inside
 - c that you have to help other people
- 6 Why would the author say that "hens are broody"?
 - a to show that chickens feel sad
 - b to show that it's silly to brood about feeling sad
 - c to show that being upset is similar to hatching an egg

Vocabulary

Find words in the text that match the meanings below. The word is in the section shown in brackets.

- 7 Talk between people (2)
- 8 Lively and quick (4)
- 9 To rip (6)
- 10 Laughing loudly and wildly (5)
- 11 Be grateful and thankful for something (8)

Grammar

A **compound word** is made of two separate words, e.g. *afternoon*. Make compound words from the following lists.

- | | |
|---------|--------|
| 12 any | shine |
| 13 sea | ever |
| 14 sun | thing |
| 15 when | shells |

Back To The Text...

- 16 The writer believes we are happy all the time.
 - a true
 - b false
- 17 The writer believes that
 - a too much exercise can make you sad.
 - b you need to have, and be, a good friend.
- 18 What do a lot of the activities suggested here have in common?
 - a they are energetic and lively
 - b they are done at school

Cloze

Try Smiling

Choose **five** of the following words to complete this cloze passage.

eyes hands smile frown
sad people free often

Smiles usually show happiness or pleasure. A 19 is formed when the muscles near both sides of the mouth are flexed. Often the smile can be seen in the 20 also. Smiles are great and many 21 claim they are infectious. This means that if you smile at someone they 22 smile right back at you. Smiles are 23 so why not share them around.

Challenge Option

Design: Clowns try to make people happy. Design and draw a clown face.

