

[1] **Before We Start...**



[2] **Definitions:**

equally precious

don't lie down

sense of purpose

accomplishments

feel snug

attained

sow seeds

sorrow

take comfort in

exempt

occasional

irritation

bask

a gratifying life

**[3] Watch the presentation****[4] Read the text**

## EACH AND EVERY DAY

A baseball player hits home runs on some days, and strikes out on others. What is important is how much the player loves the game, and the player's batting average. Each day is different, and each day is equally precious.

When you feel tired, rest a bit, but don't lie down for too long. After a short while, get back on your feet with a refreshed sense of purpose.

On some days you feel good about your accomplishments. You may feel snug and stop working. Don't. Keep in mind that you should continue moving forward, building on top of what you have attained or created. Keep sowing seeds of value.

There will be days when things happen that bring you sorrow. Take comfort in knowing that sadness is simply part of life. You feel such a way because you really care. No one is exempt from occasional tears.

At times you'll be filled with disappointment, anger, frustration or irritation. These are perfect opportunities to learn something. Get the lesson and realize that you've grown as a person because of the situation. You will have moved forward or have gotten an important piece of life's puzzle through this, even if you don't understand what that could possibly be at the moment.

Hopefully on many days, you'll feel truly joyful. Appreciate and delight in that feeling and let yourself bask in it so that the positive energy and value of happiness will be imprinted into your cells.

Every single day, whether it's a home run or strike-out day, is important. Greet each day with an open heart and mind and appreciate its value. When you do so, your love of life will expand and you will have a gratifying life.

**Think about:** What is "living a gratifying life"?

**[5] Word search - Find collocates, other meanings, information, synonyms... for the words 'sense of purpose' and 'sow seeds'.**

sense of purpose	sow seeds
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**[6] Finish the phrases:**

each day is equally \_\_\_\_\_  
 don't lie down for too \_\_\_\_\_  
 keep in \_\_\_\_\_  
 is simply part of \_\_\_\_\_  
 no one is \_\_\_\_\_  
 life's \_\_\_\_\_  
 greet each \_\_\_\_\_

*HINTS: mind puzzle life exempt precious day long*

**[7] Listen and fill in the blanks:**

A baseball player \_\_\_\_\_ home runs on some days, and \_\_\_\_\_  
 \_\_\_\_\_ on others. What is important is how much the player \_\_\_\_\_ the  
 game, and the player's \_\_\_\_\_. Each day is  
 different, and each day is \_\_\_\_\_.

**TODAY'S ASSIGNMENT**

**In pairs or in a small group, answer or do the following:**

1. Why is it important to rest a bit when you feel tired?

2. Think of another English word or phrase for each:

strike out:

accomplishments:

sorrow:

exempt:

perfect opportunity:

life's puzzle:

greet:

3. There will be days when things happen that bring you sorrow because this is simply part of life! Write 5 things you can do and think during such times.

**STUDENT NAMES & CLASS NUMBERS:**