

GET OVER IT DAY

http://www.eslHolidayLessons.com/03/get_over_it_day.html

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ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

THE READING / TAPESCRIPT

Everyone has something in their life to get over. There is something bad that has happened to us all that we need to forget about and move on. Well, now there's a day of the year to make sure this happens. March 9th is officially Get Over It Day. This is a fun holiday to encourage people to stop feeling sorry for themselves and move forward with their life. Get Over It Day started in 2005. There is even a website for you to write down what you want to get over. You click a button and the source of your misery goes up in virtual flames. Easy. The site tells you to "quit moping around like you just got snubbed at the Oscars and celebrate" on this day. You never know, this could just be the first day of the rest of your life!

There are many things in life we need to get over, to overcome, to defeat. People call them hurdles, setbacks, disasters, calamities or tragedies. The plain thing is life goes on and we need to deal with these things and live our life. The submissions on the Get Over It Day website are varied. There are many serious topics we can all relate to. These are things like "my Dad dying", "my cancer diagnosis" and "my engagement break-up". There are also not-so-serious topics like "losing my mp3 player", "my disastrous haircut" and "my team losing at the weekend". Perhaps the last one here is in the serious category for some people. On March 9th, decide what it is you need to get over and get over it.

PHRASE MATCH

Match the following phrases from the article.

Paragraph 1

- | | |
|-------------------------------------|--------------------------------|
| 1. Everyone has something in their | <i>a.</i> sorry for themselves |
| 2. forget about and | <i>b.</i> around |
| 3. encourage people to stop feeling | <i>c.</i> rest of your life |
| 4. the source of | <i>d.</i> move on |
| 5. quit moping | <i>e.</i> life to get over |
| 6. the first day of the | <i>f.</i> your misery |

Paragraph 2

- | | |
|----------------------------------|---------------------------------------|
| 1. There are many things in life | <i>a.</i> need to get over |
| 2. life | <i>b.</i> these things |
| 3. we need to deal with | <i>c.</i> haircut |
| 4. There are many serious | <i>d.</i> we need to get over |
| 5. my disastrous | <i>e.</i> topics we can all relate to |
| 6. decide what it is you | <i>f.</i> goes on |

LISTENING GAP FILL

Everyone has something in their life to get over. There is something bad that has happened _____ we need to forget about and move on. Well, now there's a day of the year _____ happens. March 9th is officially Get Over It Day. This is a fun holiday to encourage people to stop _____ themselves and move forward with their life. Get Over It Day started in 2005. There is even a website for you to write down what you want to get over. You click a button and the source _____ goes up in virtual flames. Easy. The site tells you to "_____ around like you just got snubbed at the Oscars and celebrate" on this day. You never know, this could just be the first _____ of your life!

There are many things in life we need to get over, _____ defeat. People call them hurdles, setbacks, disasters, calamities or tragedies. The plain thing _____ and we need to deal with these things and live our life. The submissions on the Get Over It Day website are varied. There are many serious _____ all relate to. These are things like "my Dad dying", my cancer diagnosis" and "my _____". There are also not-so-serious topics like "losing my mp3 player", "my disastrous haircut" and "_____ the weekend". Perhaps the last one here is in the serious category for some people. On March 9th, _____ you need to get over and get over it.

WHILE READING / LISTENING GAP FILL

Put the words into the gaps in the text.

Everyone has something in their life to get over. There is something bad that has happened to us all that we need to _____ about and _____ on. Well, now there's a day of the year to make sure this happens. March 9th is officially Get Over It Day. This is a fun holiday to _____ people to stop feeling sorry for themselves and move _____ with their life. Get Over It Day started in 2005. There is even a website for you to write down what you want to get over. You click a button and the _____ of your misery goes up in virtual _____. Easy. The site tells you to "quit _____ around like you just got snubbed at the Oscars and celebrate" on this day. You never know, this could just be the first day of the rest of your _____!

moping
encourage
source
life
forget
forward
flames
move

There are many things in life we need to get over, to _____, to defeat. People call them hurdles, setbacks, disasters, calamities or _____. The plain thing is life goes on and we need to _____ with these things and live our life. The submissions on the Get Over It Day website are _____. There are many serious topics we can all relate to. These are things like "my Dad dying", "my cancer diagnosis" and "my engagement _____ - up". There are also not-so-serious topics like "losing my mp3 player", "my disastrous _____" and "my team losing at the weekend". Perhaps the last one here is in the _____ category for some people. On March 9th, _____ what it is you need to get over and get over it.

decide
deal
overcome
serious
varied
break
tragedies
haircut

CHOOSE THE CORRECT WORD

Delete the wrong word in each of the pairs of *italics*.

Everyone has something in their life to get over. There is something *bad / badly* that has happened to us all that we need to forget about and move *in / on*. Well, now there's a day of the year to make *shore / sure* this happens. March 9th is officially Get Over It Day. This is a fun holiday to encourage people to stop feeling *sorry / apology* for themselves and move forward with their life. Get Over It Day started in 2005. There is even a website for you to write down what you want to get over. You click a button and the source of your *miserable / misery* goes up in virtual *flames / heat*. Easy. The site tells you to "quite / quit moping around like you just got snubbed at the Oscars and celebrate" on this day. You never know, this could just be the first day of the rest of your *alive / life!*

There are many things in life we need to get over, to *overdo / overcome*, to defeat. People call them hurdles, setbacks, disasters, calamities or *tragedies / tragic*. The plain thing is life goes on and we need to *deal / dealing* with these things and live our life. The submissions on the Get Over It Day website are *varies / varied*. There are many serious topics we can all *relation / relate* to. These are things like "my Dad dying", "my cancer diagnosis" and "my engagement break-up". There are also *not-so-serious / not-so-seriously* topics like "losing my mp3 player", "my disastrous haircut" and "my team *loser / losing* at the weekend". Perhaps the last one here is in the serious *category / categories* for some people. On March 9th, decide what it is you need to get over and get over it.

MULTIPLE CHOICE

Everyone has something in their life to get over. There is something (1) _____ that has happened to us all that we need to forget about and move (2) _____. Well, now there's a day of the year to make sure this happens. March 9th is officially Get Over It Day. This is a fun holiday to (3) _____ people to stop feeling (4) _____ for themselves and move forward with their life. Get Over It Day started in 2005. There is even a website for you to write down what you want to get over. You click a button and the source of your (5) _____ goes up in virtual flames. Easy. The site tells you to "quit moping around like you just got snubbed at the Oscars and celebrate" on this day. You never know, this could just be the first day of the (6) _____ of your life!

There are many things in life we need to get over, to overcome, to defeat. People call them hurdles, (7) _____, disasters, calamities or tragedies. The plain thing is life goes on and we need to deal with these things and live our life. The submissions on the Get Over It Day website are (8) _____. There are many serious topics we can all (9) _____ to. These are things like "my Dad dying", "my cancer diagnosis" and "my engagement break-up". There are also not-so-serious (10) _____ like "losing my mp3 player", "my disastrous haircut" and "my team losing at the weekend". Perhaps the last one here is in the serious (11) _____ for some people. On March 9th, (12) _____ what it is you need to get over and get over it.

Put the correct words from this table into the article.

- | | | | | |
|-----|----------------|-----------------|------------------|-----------------|
| 1. | (a) bad | (b) badly | (c) baddie | (d) badness |
| 2. | (a) in | (b) at | (c) on | (d) to |
| 3. | (a) encourages | (b) encouraging | (c) encouraged | (d) encourage |
| 4. | (a) apology | (b) whoops | (c) sorry | (d) pardon |
| 5. | (a) miserable | (b) misery | (c) misery guts | (d) miser |
| 6. | (a) relax | (b) chill out | (c) rest | (d) break |
| 7. | (a) setbacks | (b) settees | (c) set points | (d) settles |
| 8. | (a) various | (b) varying | (c) vary | (d) varied |
| 9. | (a) relations | (b) related | (c) relationship | (d) relate |
| 10. | (a) topical | (b) topics | (c) tropics | (d) tropical |
| 11. | (a) category | (b) categories | (c) categorize | (d) categorical |
| 12. | (a) decision | (b) decide | (c) deciding | (d) decider |

SPELLING

Spell the jumbled words (from the text) correctly.

Paragraph 1

1. nhotsgmie bad
2. feeling rorsy for themselves
3. You click a uobtnt
4. the uorecs of your misery
5. quit pomgni around
6. the stre of your life

Paragraph 2

7. to faedte
8. life oges on
9. Idea with these things
10. serious cisopt
11. my disastrous aurhtic
12. dcidee what it is

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

- () need to forget about and move on. Well, now there's a day of the year to make sure this happens. March 9th is officially
- () forward with their life. Get Over It Day started in 2005. There is even a website for you to write down what you
- () day. You never know, this could just be the first day of the rest of your life!
- () our life. The submissions on the Get Over It Day website are varied. There are many serious topics we can
- () losing at the weekend". Perhaps the last one here is in the serious category for some people. On March
- () Everyone has something in their life to get over. There is something bad that has happened to us all that we
- () want to get over. You click a button and the source of your misery goes up in virtual
- () all relate to. These are things like "my Dad dying", my cancer diagnosis" and "my engagement
- () There are many things in life we need to get over, to overcome, to defeat. People call them hurdles, setbacks,
- () break-up". There are also not-so-serious topics like "losing my mp3 player", "my disastrous haircut" and "my team
- (**1**) Get Over It Day. This is a fun holiday to encourage people to stop feeling sorry for themselves and move
- () 9th, decide what it is you need to get over and get over it.
- () flames. Easy. The site tells you to "quit moping around like you just got snubbed at the Oscars and celebrate" on this
- () disasters, calamities or tragedies. The plain thing is life goes on and we need to deal with these things and live

SCRAMBLED SENTENCES

With a partner, put the words back into the correct order.

1. is that to There bad happened all something has us

2. sorry feeling stop to people encourage themselves for

3. get to want you what down write over

4. site The around moping quit to you tells

5. of day your of life the the rest first

6. need to get over There are many things in life we

7. plain is goes The thing life on

8. deal with these things and live our life we need to

9. can to many we relate are topics all There serious

10. you decide need what to it get is over

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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THE GET OVER IT DAY SURVEY

Write five questions about Get Over It Day in the table. Do this in pairs/groups. Each student must write the questions on his / her own paper.

Without your partner, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

Return to your original partner(s) and share and talk about what you found out. Make mini-presentations to other groups on your findings.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find more information about Get Over It Day. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about Get Over It Day. Write about what happens around the world. Include two imaginary interviews with people who did something on this day.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. POSTER: Make your own poster about Get Over It Day. Write about will happen on this day around the world.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.