

## BLUE MONDAY: THE "SADDEST" DAY?



Many people say the third Monday of January is "Blue Monday". They call it the saddest day of the year! But is this true?

The name "Blue Monday" started in 2005. A man called Cliff Arnall created this idea for a travel company. They wanted to sell more holidays in winter.

Why do people think this Monday is so sad? There are many simple reasons:

- It is cold outside.
- The days are still dark.
- Christmas holidays are over.
- Summer holidays are still far away!
- We miss the weekend.

But here is a secret: Blue Monday is not real! Scientists say there is no special day when everyone feels sad. Everyone can feel happy or sad on any day.

Just like Sadness, the blue character from the Pixar movie *Inside Out*, it's okay to feel sad sometimes. But don't worry! You can do many things to feel happy again.

- Listen to music. Play your favorite song and sing!
- Eat a snack. A warm drink, like hot chocolate, is always nice on a cold day.
- Go for a walk. Look at the sky, the trees, or even a bird. Fresh air can help!
- Talk to a friend. Say hello or tell a joke. Laughing makes everyone feel good.

So, next time someone says, "Blue Monday is the saddest day," you can say, "No! It's just a story!" And maybe you can share one of these happy ideas with them.

# EXERCISES

## 1. Match the word to the right definition

- |              |       |                                     |
|--------------|-------|-------------------------------------|
| 1. Holiday   | _____ | A. To go to different places.       |
| 2. Scientist | _____ | B. Something funny you say.         |
| 3. Joke      | _____ | C. Free time from school or work.   |
| 4. Travel    | _____ | D. A person who works with science. |

## 2. Write 3 sentences about what makes you happy when you feel sad.

Use a dictionary to help you if necessary.

For example: *When I feel sad, I listen to happy music.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## 3. Fill in the gaps with words from the box.

movie

friend

chocolate

music

walk

When I feel sad, I like to:

1. Listen to \_\_\_\_\_.
2. Go for a \_\_\_\_\_ in the park.
3. Watch a funny \_\_\_\_\_ on television.
4. Drink hot \_\_\_\_\_.
5. Talk to my best \_\_\_\_\_.

### Bibliografia:

<https://www.cbc.ca/kidsnews/post/turns-out-theres-no-science-behind-blue-monday-at-all>

<https://www.bbc.com/news/newsbeat-51173730>

## SOLUZIONI

1. 1-C; 2-D; 3-B; 4-A
3. 1 - music; 2 - walk; 3 - movie; 4 - chocolate; 5 - friend