

Appendix 1. Plan for the interventional lesson for the control group and metaphor group

Mood Swings

Name: _____

Group: MG CG

Pre-Task: Daily Mood Journal

Part I: Independent work

- On a regular day, how do your emotions change from morning to night? E.g. *In the morning, I often feel alert and motivated because I've had a good night's sleep and I'm excited to start the day. In the evening, I usually feel relaxed, especially if I've completed my tasks.*
- Fill out this daily mood log by describing your emotional state at different times throughout your typical day and providing reasons for each mood or feeling. Consider both external factors (such as events or interactions) and internal factors (such as thoughts or energy levels) that influence your emotions.

Time of Day	Mood/Emotions	Reason for Mood
Morning	e.g. <i>alert, motivated, stressed, tired...</i>	e.g. <i>lack of sleep, anticipating tasks...</i>
Afternoon		
Evening		
Night		

Part II: Work in pairs/Both students respond

Work together with the person sitting next to you. Each of you should ask and respond to these questions:

1. Do you ever feel like you are under the weather? When was the last time you felt this way, and how did it affect your mood or actions? E.g. *I felt under the weather last week when I had a cold, and it made me tired and unproductive.*

2. Have you ever felt snowed under with work or responsibilities? How did you deal with it? E.g. *I was snowed under during the exam period when I had multiple deadlines to meet.*

3. Can you remember a time when your mood clouded over suddenly? What caused the change, and how did you react? E.g. *My mood clouded over when I received bad news about a project I was excited about.*

4. Have you ever thrown caution to the wind? What was the situation, and do you think it was worth taking the risk? E.g. *I threw caution to the wind when I decided to travel alone last summer without much planning.*

5. Can you describe a time when you received a frosty reception? How did the person's cold or unfriendly behaviour make you feel, and how did you respond? E.g. *I received a frosty reception when I started my new job; my coworkers were distant and didn't seem interested in talking to me.*

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6. Do you know someone with a sunny disposition? How does their positive attitude affect the people around them, including you? E.g. *My best friend has a sunny disposition—she’s always smiling and making people laugh, even on tough days.*
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Part III: Reading

MG instructions:

Read this medical article on mood swings:

1. What would you suggest to a friend to help them cope with mood swings?
2. Mark the phrases or words that are related to **mood/behaviour** or **weather**, e.g. “**frosty reception**”, which refers to the *reception* as being *frosty*, as if it were *weather*.

CG instructions:

Read this medical article on mood swings:

1. What would you suggest to a friend to help them cope with mood swings?
2. Mark the phrases or words that are related to **mood/behavior**, e.g. “**frosty reception**”.

Reading Task

Mood Swings: Causes, Risk Factors, and Ways to Cope

Mood swings are sudden changes in how you feel. They’re caused by changing levels of brain chemicals. They can be a regular part of life, like hunger. Or they can be a sign that something else is going on, like adolescence, the transition to menopause, or a mood disorder. Whether it’s work piling up or responsibilities at home, it’s easy to feel buried under the weight of it all. During these moments, it can be hard to keep your emotions in check. But there are also days when everything seems to flow smoothly, and you feel light, breezing through your tasks effortlessly.

Mood swings often come and go with little warning. For example, after receiving bad news or facing a setback, a dark cloud can suddenly form over your thoughts, and it may take time for the sky to clear. However, not all mood changes are negative—sometimes a small gesture, like a smile from a stranger or a compliment from a colleague, can warm your mood instantly.

But when these swings in mood become more frequent or intense, they can affect how you interact with others. Have you ever walked into a situation feeling hopeful, only to be met with a frosty reception? A cold exchange can leave you feeling distant and disconnected, even from those you care about. On the flip side, being greeted with a warm welcome can lift your spirits and completely change the direction of your day.

Of course, there are days when no matter what you do, you just don’t feel like yourself. It could be a small health issue or just an off day, but when you’re feeling under the weather, it’s hard to engage with the world around you as you normally would. During such times, it’s important to take a step back and give yourself the time and space to recharge.

When emotions become too intense, people often throw caution to the wind, making impulsive decisions without thinking about the consequences. This can create more stress and, over time, take a toll on both mental and physical health. The key is learning how to manage these emotional waves and finding balance, even when things feel overwhelming.

To a certain extent, ups and downs are part of life. There’s not much you can do to stop mood swings completely. But there are things you can do to reduce how often you experience them or how severe they are.

- **Take a deep breath:** When emotions rise, take a moment to breathe deeply and regain control. Practicing mindfulness and meditation can help you calm down and clear the emotional fog.
- **Stay active:** Jobs and other circumstances might make us sit a lot. But adding more movement to your daily routine can affect your mood in positive ways. Research shows exercising releases mood-boosting chemicals.

- **Stay connected:** Sometimes, simply talking to someone you trust can provide clarity and comfort. Don't be afraid to reach out to family or friends for a warm, supportive conversation when you're feeling overwhelmed.
- **Create a routine:** Having a structured daily routine can help regulate your mood. Knowing what to expect throughout the day can prevent you from feeling snowed under by responsibilities or worries.
- **Get enough sleep:** Lack of sleep often worsens mood swings. Aim to get a full night's rest to ensure your mind and body are recharged and ready to face the next day.
- **Pause before acting:** When emotions are high, you might feel the urge to make hasty decisions. Try to pause and think before you act.
- **Focus on positive moments:** Sometimes, it's easy to let small problems cloud your day, but actively focusing on positive interactions—like a sunny conversation with a colleague or a warm welcome from a loved one—can help shift your mood in the right direction.

With so many factors that can contribute to mood swings, they can start to feel like a part of everyday life. And there's some truth to that. But that doesn't mean they have to disrupt your life or make you feel like you're no longer in the driver's seat. There are many ways to manage mood swings, from adjusting your daily routine to seeking medical treatment. And you don't have to do it alone. If your mood swings become more frequent, more intense, or start causing tension in your relationships, a healthcare provider can help.

Part IV: Planning (Independent/Work in pairs)

MG instructions:

After reading the article:

- Look at the daily mood log filled out by the person next to you during the Pre-Task. What advice can you offer to help them manage their mood swings? Try to incorporate vocabulary from the article and propose specific strategies for effective mood regulation.
- List all the phrases or words that are related to **mood/behaviour** or **weather**, e.g. “**frosty reception**”, which refers to the **reception** as being **frosty**, as if it were **weather**.
- Compare your findings with your partner.

CG instructions:

After reading the article:

- Look at the daily mood log filled out by the person next to you during the Pre-Task. What advice can you offer to help them manage their mood swings? Try to incorporate vocabulary from the article and propose specific strategies for effective mood regulation.
- List all the phrases or words that are related to **mood/behaviour**, e.g. “**frosty reception**”.
- Compare your findings with your partner.

Mood swing problems of my friend:

Problem-solving strategies:

<p>MG instructions:</p> <p>Words and phrases related to mood/behaviour and weather</p> <p>E.g. “<i>frosty reception</i>”, which refers to the <i>reception</i> as being <i>frosty</i>, as if it were <i>weather</i>.</p> <p>Write down similar words or phrases and compare your findings with your partner.</p>	<p>CG instructions:</p> <p>Words and phrases related to mood/behaviour</p> <p>E.g. “<i>frosty reception</i>”.</p> <p>Write down similar words or phrases and compare your findings with your partner.</p>
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Part V: Group Reflection and Discussion

Share your suggestions with your groupmates for better mood management. Jot down three effective strategies to help manage mood swings:

E.g. *My friend tends to feel under the weather in the mornings. One solution could be to start the day with a short walk outside to boost his/her mood.*

Part VI: Focus on Vocabulary (Teacher instruction/Work in pairs)

Table for the MG:

	Metaphoric expression	Meaning	Conceptual Metaphor
1	storm in/into	to enter or leave a place in a way that shows that you are angry	STORM IS AGGRESSIVE BEHAVIOUR
2	breeze in/into	to walk into a place quickly and confidently, without worry or embarrassment	BREEZE IS CONFIDENT BEHAVIOUR
3	rainy day	a future time of need, esp. financial.	RAIN IS MISFORTUNE
4	cloud over	if a person’s face clouds over, they suddenly look unhappy or worried	CLOUD IS PRESENT OR FORTHCOMING PROBLEMS
5	snowed under	having too much to do	SNOW IS LACK OF TIME
6	sunny disposition	someone who has a sunny disposition is usually cheerful and happy	SUNNY IS CHEERFUL
7	warm up	to become friendlier or more receptive	WARMTH IS AFFECTION
8	warm welcome	a hearty, hospitable reception or greeting	
9	frosty reception	unfriendly and not welcoming	COLD/FROST/ICE IS LACK OF AFFECTION/UNFRIENDLINESS
10	icy look/voice	an icy remark, look etc. shows that you feel annoyed with or unfriendly towards someone	
11	shower someone with something	to give someone a lot of presents or praise	SHOWER IS TOO MUCH OF SOMETHING
12	not have the foggiest (idea/memory)	to not know or understand something at all	FOG IS CONFUSION

13	throw caution to the wind	to ignore the risks and deliberately behave in a way that may cause trouble or problems	WIND IS LACK OF RESTRAINT
14	under the weather	if someone is or feels under the weather, they feel ill	WEATHER IS HEALTH

Table for the CG:

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<u>storm in/into</u>	to enter or leave a place in a way that shows that you are angry
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<u>shower someone with something</u>	to give someone a lot of presents or praise
<u>not have the foggiest (idea/memory)</u>	to not know or understand something at all
<u>throw caution to the wind</u>	to ignore the risks and deliberately behave in a way that may cause trouble or problems
<u>under the weather</u>	if someone is or feels under the weather, they feel ill

Pair Work Exercise:

With a partner, underline the correct italicized word in the sentences below:

- 1) It was obvious that Charles was angry. He came *storming* / *breezing* into the room, threw the contract on the table and demanded to know why he had not been consulted.
- 2) How was the office party? A bit slow at first, but it soon *cooled* / *warmed* up when the boss left!
- 3) It was obvious from the way Peter *breezed* / *stormed* in this morning that Mary had said yes to his proposal.
- 4) Since we sent out the advertising brochure we have been really *hailed* / *snowed* under with work.
- 5) Meeting Jane's parents for the first time was a bit worrying, but they gave me a very *sunny* / *warm* welcome. Her mother was lovely.
- 6) The car broke down on the way to my husband's parents. We were two hours late for Sunday lunch. You can imagine we got a rather *frosty* / *chilly* reception.
- 7) Do you remember the name of that museum in Florence? I haven't got the *haziest* / *foggiest* idea what it was called, Peter! I found it rather dull, to tell you the truth.
- 8) Well, is it going to be a week sightseeing in Belgium or a fortnight in Bali? Let's throw caution to the *wind* / *sky*. Two weeks in the sun! We can worry about paying for it when we come back!
- 9) I think I drank too much last night at dinner. I'm afraid I'm feeling a bit under the *sky* / *weather* this morning.
- 10) Although she wanted to buy the expensive shoes, she decided to save the money for a *rainy* / *dark* day, knowing she might need it later.
- 11) As soon as she heard the bad news, I saw her face *haze* / *cloud* over, and I knew something was wrong.
- 12) Despite the challenges she faced, her *sunny* / *bright* disposition remained unchanged, radiating positivity to those around her.
- 13) When he disagreed with her in front of the entire group, she responded with an *icy* / *chilly* remark, clearly irritated by his interruption.
- 14) On her birthday, her friends decided to *bath* / *shower* her with gifts making her feel incredibly special.

- 15) They used to be crazy about each other, but I think the relationship has *cooled / frozen* recently.
- 16) What's the matter? Cheer up! You look a bit *foggy / gloomy*.
- 17) So, you met my old friend Larry yesterday. What did you think of him? A great guy! Yes, I *warmed / melted* to him straightaway.
- 18) Did you have a good time last night? Not really. Jill had some sad news which *clouded / shadowed* the whole evening.