
January blues?

WORKSHEET A

Deborah

January is so depressing. It's cold and dark outside, you've no longer got Christmas to look forward to, and it's still a long time until spring arrives. It's also the time when I feel the effects of the Christmas holidays – and not in a good way. I'm always struggling to lose the extra pounds I've put on with all that overeating during the festive period, and worrying about my credit card bill after buying too many things in the post-Christmas sales. Then there are the New Year's resolutions you realise you're already failing to keep. Every year I say I'm going to go to the gym regularly – so I go five times in the first week of January, twice in the second week, then I give up.

Michael

I know what people mean when they say they get the 'winter blues' as I also find the lack of light in December and January can make me feel a bit down. The worst month for me is November, though. There isn't any more nice weather, the days get much shorter, and it's a long, long time until you can see signs of spring. You can't even say Christmas is just around the corner – it's still a few weeks away. I know some people say January is their least favourite month, but in January I'm usually looking forward to going skiing somewhere. I always go skiing in January or February, usually in France. It's one of the highlights of my year and certainly makes winter much more bearable.

Sue

I've never found January a particularly difficult month to get through. In fact, I absolutely love those days in mid-winter when it's sunny and freezing cold – it's so invigorating, and you get gorgeous sunsets as well. In weather like that my husband and I usually take the dog out for a long walk in the country and stop off at our local pub on the way back home – they always have a lovely log fire and it's so warm and cosy. Also, the thing with winter is that you don't have high expectations about the weather. Obviously you don't expect to be sitting in the garden or having a barbecue. In July and August, though, that's exactly what you expect – and we've hardly done it at all these last two summers because the weather's been so cool and wet. Now that's what I call depressing.

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WORKSHEET B

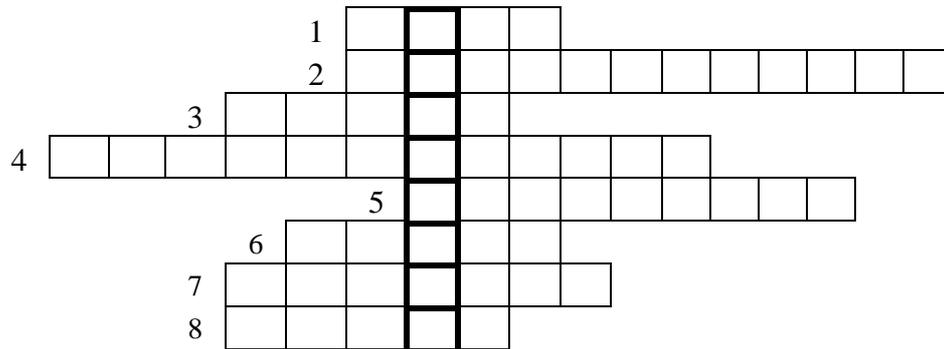
Exercise 1

Decide whether the following statements are true (T) or false (F), or if the text doesn't say (D).

1. Deborah drinks too much during the Christmas holidays.
2. Michael sometimes finds the lack of light in winter a bit depressing.
3. Sue has a pet.
4. Deborah doesn't make New Year's resolutions.
5. Michael prefers January to November.
6. For the last two years Sue has found the weather more depressing in summer than in winter.

Exercise 2

Now complete the crossword below. If all the words are correct, the word reading from top to bottom will be one of the things doctors recommend people do in order to beat the 'winter blues'.



1. Michael would find winter harder to _____ if he weren't able to go skiing.
2. Recently Sue has found her _____ about the summer weather have been too high.
3. In January Deborah usually finds she has spent too much in the _____ that take place in the shops after Christmas.
4. Sue finds that cold, sunny days in winter are _____ .
5. In November Michael feels that _____ is still quite a long way ahead.
6. It seems Deborah always _____ to keep her New Year's resolution about going to the gym.
7. Sue thinks the _____ in winter are beautiful.
8. Deborah usually _____ up going to the gym after the second week of January.

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WORKSHEET C

Exercise 3

Below is the text from Worksheet A, but it has been copied incorrectly and now each of the three sections contains ten mistakes. Find the mistakes and correct them.

Deborah

January is so depressed. It's cold and dark out side, you've no longer got Christmas to look forward at, and it's still a long time until spring arrives. It's also the time when I feel the affects of the Christmas holidays – and not in a good way. I'm always struggeling to lose the extra pounds I've put on with all that overeating during the festive period, and worrying of my credit card's bill after buying too many things in the post-Christmas sales. Then there are the New Year's resolutions you realise you're already failing keep. Every year I say I'm going to go to the gym regular – so I go five times in the first week of January, twice in the second week, then I give.

Michael

I know what people mean when they say they get the 'winter blues' as I also find the luck of light in December and January can make me feel a bit down. The worst month for me is November, though. There aren't any more nice weather, the days get much shorter, and it's a long, long time until you can see signals of spring. You can't even say the Christmas is just around the corner – it's still few weeks away. I know some people say January is their least favourite month, but at January I'm usually looking forward to go skiing somewhere. I always go skiing in January or Febuary, usually France. It's one of the hilights of my year and certainly makes winter much more bearable.

Sue

I've never found January a particularly difficult month to get though. Fact, I absolute love those days in mid-winter when it's sunny and freezing cold – it's so invigorating, and you get jorgeous sunsets as well. In weather like that my husband and I usually take a dog out for a long walk in the country and stop on at our local pub on the way back home – they always have a lovey log fire and it's so warm and cosy. Also, the thing with winter is that you don't have high expectations about the weather. Obvious you don't expect to be sitting in the garden or having a barbecue. In July and August, through, that's exactly what you expect – and we've hardly done at all these last two summers because the weather's been so cool and wet. Now that's what I call depressing.

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WORKSHEET D

Deborah

January is so **depressing**. It's cold and dark **outside**, you've no longer got Christmas to look forward **to**, and it's still a long time until spring arrives. It's also the time when I feel the **effects** of the Christmas holidays – and not in a good way. I'm always **struggling** to lose the extra pounds I've put on with all that overeating during the festive period, and worrying **about** my credit **card** bill after buying too many things in the post-Christmas sales. Then there are the New Year's resolutions you realise you're already failing **to** keep. Every year I say I'm going to go to the gym **regularly** – so I go five times in the first week of January, twice in the second week, then I give **up**.

Michael

I know what people mean when they say they get the 'winter blues' as I also find the **lack** of light in December and January can make me feel a bit down. The worst month for me is November, though. There **isn't** any more nice weather, the days get much shorter, and it's a long, long time until you can see **signs** of spring. You can't even say **Christmas** is just around the corner – it's still **a** few weeks away. I know some people say January is their least favourite month, but **in** January I'm usually looking forward to **going** skiing somewhere. I always go skiing in January or **February**, usually **in** France. It's one of the **highlights** of my year and certainly makes winter much more bearable.

Sue

I've never found January a particularly difficult month to get **through**. **In fact**, I **absolutely** love those days in mid-winter when it's sunny and freezing cold – it's so invigorating, and you get **gorgeous** sunsets as well. In weather like that my husband and I usually take **the** dog out for a long walk in the country and stop **off** at our local pub on the way back home – they always have a **lovely** log fire and it's so warm and cosy. Also, the thing with winter is that you don't have high expectations about the weather. **Obviously** you don't expect to be sitting in the garden or having a barbecue. In July and August, **though**, that's exactly what you expect – and we've hardly done **it** at all these last two summers because the weather's been so cool and wet. Now that's what I call depressing.