

# SPEAKING ACTIVITY

## Autumn



What's your favourite comfort food to eat during the fall season?

What's your favourite warm drink to enjoy as the weather gets cooler?

How do you like to unwind and relax during the fall season?

Do you have a favourite autumn-themed movie or book?

Do you have any go-to autumn recipes?

How do you like to decorate your home during autumn?



# LET'S ROMANTICISE AUTUMN



Ex. 1. Make a list of words that you associate autumn with and create definitions for them.


Ex. 2. Look at the words below and match them with their synonyms.

- frosty
- bonfire
- breeze
- crisp
- serene
- vibrant
- colourful and lively
- crunchy
- calm
- campfire
- cold
- gentle wind



# LET'S ROMANTICISE AUTUMN



And, crucially, romanticising your life isn't about forgetting all these things. It's not about denial, or selfish \_\_\_\_\_. It's a way of noticing the world's \_\_\_\_\_cruelty and choosing, still, to find beauty in your personal corner of it. For me, it's the key to happiness. You're going to have to do it all anyway: work five days a week, go to the gym, clean out the litter tray and wipe mould from the bathroom walls and buy bin bags that break and pay your taxes and brush your teeth – so you may as well find a way of making these things as enjoyable, as lovely, as possible.

Ex. 6. Decide if the sentences are true or false.

1. The popularity of "romanticising your life" increased during the pandemic due to people seeking distractions from the global crises.
2. Finding beauty in everyday tasks, like brushing your teeth or paying taxes, is central to romanticising your life, according to the author.
3. The growing cost of living, combined with rising heating bills, has made it nearly impossible for people to romanticise their lives.
4. The author implies that romanticising your life can be an important tool for mental well-being during difficult times.

Source: cosmopolitan.com