

B1 / PET Reading Part 2

Below, five individuals share their feelings about and challenges on Blue Monday, often described as "the most depressing day of the year." On the opposite page, you will find descriptions of eight activities. Match each person (6–10) to the most suitable activity (A–H). Remember, only five activities are correct; the remaining three are distractors.

Questions 6–10

6. Sarah struggles with loneliness on Blue Monday, as her close family and friends live far away. She is looking for a fun and interactive social activity she can join online. Ideally, this activity would allow her to meet new people or reconnect with friends in a casual way.



7. Emily wants to turn Blue Monday into an opportunity for joy and connection. She is keen to create a family tradition centered around creativity and togetherness. She's particularly interested in a collaborative activity that everyone in her family can enjoy, regardless of age or skill level.



8. Liam feels stressed about money on Blue Monday after spending too much at Christmas. He is looking for a session that not only offers clear and actionable financial advice but also provides tools he can immediately apply to his daily life to make saving money simpler and less stressful.



9. Mark finds it difficult to focus on tasks at work. He is searching for an activity that offers practical tips for improving productivity and overcoming mental fatigue. He needs strategies that will help him not just on Blue Monday, but throughout the year.



10. Kate feels both creatively and physically exhausted on Blue Monday. She wants to take part in an activity that combines movement and inspiration to help her feel refreshed. Physical exertion should be minimal, but she would like to leave the session feeling motivated to start the rest of the week with positivity.

Suggested Activities for Blue Monday

A. Wellness Workshop

This relaxing workshop combines mindfulness with artistic activities such as painting, journaling, and simple crafts. It is designed for participants to leave feeling re-energized and inspired. No prior artistic experience is needed.

C. Social Games Meetup

This lively online event allows participants to connect with others through engaging group games such as trivia, Pictionary, or charades. It's perfect for fostering a sense of connection and light-hearted social interaction.

E. Family Crafting Marathon

This day-long activity is designed to bring families together for creative projects like making vision boards, designing photo collages, or crafting personalized calendars. It's a great way to encourage collaboration and celebrate family connections.

G. Cultural Cooking Class

A virtual cooking experience where participants learn how to prepare dishes from various countries. The class emphasizes hands-on engagement and enjoyment, with opportunities to discuss cultural traditions and culinary techniques.

B. Craft Your Path to Peace of Mind

A practical, step-by-step session where experts guide participants through creating a realistic budget. Participants receive interactive templates and helpful tips for planning for financial stability.

D. Mastering Focus Seminar

This webinar provides proven strategies to improve concentration and time management. Participants will learn practical techniques to overcome procrastination, boost productivity, and stay focused on tasks even on difficult days.

F. Mood-Lifting Nature Walk

This guided nature walk offers a chance to unwind in a serene environment, with mindfulness prompts to help participants feel more present and connected. Ideal for those who benefit from gentle movement in calming surroundings.

H. Interactive Productivity Workshop

This session offers general discussions about productivity and explores common challenges people face at work. While it provides some practical advice, the focus is on sharing experiences in groups rather than delivering concrete, step-by-step strategies to improve focus or overcome procrastination.

ANSWER KEY

6. Kate – Creative Wellness Workshop

7. Liam – Budgeting Bootcamp

8. Sarah – Online Social Games Meetup

9. Mark – Mastering Focus Seminar

10. Emily – Family Crafting Marathon