

The Season of Change

Focus: Use of English and Speaking
Theme: Change, reflection, and new beginnings

Warm-up – *This or That: Autumn Edition*

Work in pairs or small groups. Choose one option for each pair and explain why.

1. Hot chocolate 🍵 or pumpkin soup 🍲
2. Summer sunshine ☀️ or autumn breeze 🍁
3. Change everything at once 🔄 or take small steps 🐢
4. Early mornings 🌅 or cozy evenings 🌙
5. Same routine every day 📅 or something new each week 🌈

Follow-up: What do these answers say about your personality? Use adjectives like optimistic, adventurous, cautious, reflective.

Pre-Task – *Autumn Vocabulary Race*

In pairs, list as many words as you can related to autumn or change in 90 seconds. Then compare with another pair. One point for each unique word.

Our autumn words:



Follow-up: Can you transform any of your words into another part of speech? For example: change
→ *changeable, exchange, changed, unchanged*

Part 3 – Word Formation

Complete the text by forming the correct word from the one given in CAPITALS

A Time for Change



As the leaves turn gold and red, many people start to reflect on the year that has passed. Autumn often brings a sense of 1 — _____ (THINK) and 2 — _____ (PERSON) growth. For some, it's a time to make 3 — _____ (DECIDE) about their goals for the months ahead.

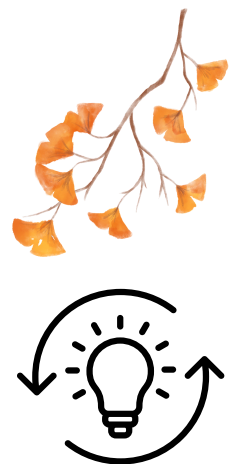
The change in weather can also affect our mood — shorter days and less sunlight can make us feel less 4 — _____ (ENERGY) or even a bit down. However, others find comfort in the 5 — _____ (BEAUTY) scenery and cooler temperatures, which create a sense of peace and 6 — _____ (CALM).

In many cultures, autumn is also connected to 7 — _____ (THANK) and harvest celebrations. These traditions remind people to appreciate what they have and to prepare for future challenges with hope and 8 — _____ (CONFIDENT).

Pre-Task 4 – Finish the Phrase

Work in pairs. Complete each sentence in a way that's true for you.

1. I like autumn **despite** _____
2. _____ **causes me to feel** more positive when the weather changes.
3. It's been years **since** _____
4. Autumn **is thought to be** _____
5. _____ **made me realise** that change can be good.



Reading and Use of English Part 4 - Rephrasing

Complete the second sentence so that it means the same as the first. Use the word given. Do not change the word given. Use three to seven words.

1. The weather became colder, but they continued their evening walks.

SPITE → They continued their evening walks _____ weather.

2. I started meditating last autumn, and it has really helped me relax.

BEEN → I _____ autumn, and it has really helped me relax.

3. The change of season made her feel more positive.

OF → She felt more _____ change.

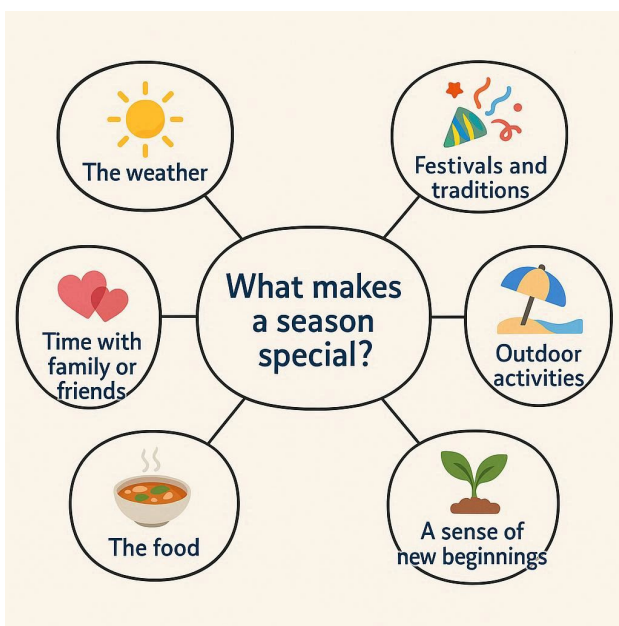
4. People say that there is no season more beautiful than autumn.

TO → Autumn _____ most beautiful time of year.

5. It's been years since the leaves have been so colourful.

FOR → I haven't seen _____ years

Speaking Part 3 – Interactive Task: The Perfect Season



Work in pairs. Discuss how each of these ideas could make a season special, then decide which one is the most important.

Useful Phrases:

- *I think ... plays a big part because ...*
- *I'd probably choose ... since ...*
- *Maybe it depends on ...*
- *Do you agree that ... ?*

Timing: 3–4 minutes, then share decisions with the class

Speaking Part 4 – Reflection Questions (Continue the conversation in pairs or groups.)

1. Do seasons affect your mood? How?
2. What changes have you made recently in your life?
3. Do you find it easy or difficult to adapt to change?
4. What's something you'd like to start or stop doing this season?
5. Why do you think many people see autumn as a time for reflection?

ANSWER KEY

Reading / Transition Activity – “Autumn Vocabulary Race” (5 mins)

Examples might include: *leaves, harvest, sweater, reflection, transformation, goals, gratitude, beginnings*

Reading and Use of English Part 3 - Word Formation: A Time for Change

Answer Key:

1. thoughtfulness
2. personal
3. decisions
4. energetic
5. beautiful
6. calmness
7. thankfulness / gratitude
8. confidence

Pre-Task 4 – Finish the Phrase

Possible answers:

1. I like autumn **despite** *the sometimes cool weather*.
2. *Drinking pumpkin lattes* **causes me to feel** more positive when the weather changes.
3. It's been years **since** *I celebrated Halloween*
4. Autumn **is thought to be** *the darkest season*
5. *Losing my job* **made me realise** that change can be good.

Reading and Use of English Part 4 - Rephrasing

1. The weather became colder, but they continued their evening walks.
SPITE → They continued their evening walks **in spite of the cold** weather.
2. I started meditating last autumn, and it has really helped me relax.
SINCE → I **have been meditating since last** autumn, and it has really helped me relax.
3. The change of season made her feel more positive.
OF → She felt more **positive because of the season** change.

4. People say that there is no season more beautiful than autumn.
SAID → Autumn **is said to be the** most beautiful time of year.
5. It's been years since the leaves have been so colourful.
FOR → I haven't **seen such colourful leaves for** years.