
1. Warm-Up: “*Bad Day*” – Daniel Powter

Listen & discuss:

1. What do you do when you’ve had a bad day?
 2. How do you calm down when you’re upset?
 3. Is it easy or difficult for you to say “sorry”? Why?
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2. Before Watching – Discussion

Talk in pairs:

- How do people usually show disagreement in your country?
 - What makes an argument healthy or unhealthy?
 - What should you *not* say during a fight?
 - What do you expect from a “Friends” argument scene?
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3. While Watching

Watch the scene once.

 Focus only on *feelings* and *body language*.

Then watch again and answer:

1. What are Monica and Chandler arguing about?
2. How do they show their emotions (voice, gestures, words)?
3. Write down 3 useful phrases or expressions you heard:

Phrase What do you think it means?

- 1.
- 2.
- 3.

Bonus:

Which character do you think is *more right*? Why?

4. Speaking Task – Role Play

Work with a partner.

Option A: Continue the argument — write and act out what happens next.

Option B: Re-do the scene — make it end *better* (peacefully, funny, dramatic...).

When you perform:

- Try to keep the conversation going for 1–2 minutes.
- Use body language and natural reactions.
- Focus on fluency, not grammar.

Useful expressions:

- “I understand, but...”
 - “That’s not what I meant!”
 - “Can we talk about this calmly?”
 - “You always...” / “You never...” (watch your tone 😊)
 - “Let’s take a break.”
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5. Agree or Disagree?

Move to the side of the room that matches your opinion. Then discuss with people near you!

Statement	Agree / Disagree / Not Sure
1. Arguing helps relationships grow.	
2. It’s better to say everything you feel.	
3. Couples should never go to bed angry.	
4. It’s okay to shout when you’re honest.	
5. Every fight has two sides.	

Talk for 1 minute per statement — say why you think that and ask others follow-up questions:

- “Really? Why do you think so?”
 - “Can you give me an example?”
 - “Do you ever feel the same way?”
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