

Describing activities:

It is... + adjectives

...fun/exciting/boring/dangerous/interesting/difficult/easy/helpful

It is good/bad for... + noun
+ gerund(-ing)

...health/relationship/you/him/us/kids.

...killing time/losing weight/making friends/learning English.

It makes me (feel)... + adjectives(feeling/emotion)

...happy/angry/tired/stressed/alive/energized.

Practice:

What is...

- ...fun?
- ...exciting?
- ...boring?
- ...dangerous?
- ...interesting?
- ...difficult?
- ...easy?

What is good/bad for...

- ...your health?
- ...learning English?
- ...making money?
- ...being happy?
- ...our mental healthy?
- ...our country?
- ...you?

What makes you...

- ...sad?
- ...excited?
- ...tired?
- ...scared?
- ...angry?
- ...happy?
- ...relaxed?