

National Get Up Day: Fill In the Blank



Level:

Beginner—Intermediate, can be adapted for higher levels



Objectives:

Teacher & student will work together to understand the main idea of an article .



Timing

5-15 minutes, can be expanded further into a variety of approaches.



Prep/

Materials:

- Review the fundamentals of National Get Up Day, see links below:
<https://nationaltoday.com/national-get-up-day/>
<https://www.nationaldaystoday.com/national-get-up-day/>
- Prepare the student to read one of the articles together:
 - introduce new vocabulary,
 - review for any unknown grammar,
 - discuss the topic generally (example questions below)
- Prepare a fill in the blank worksheet based upon the article you chose that contextualizes some of the topical idioms.



Breakdown:

1. Together with the student, discuss what it feels like to experience obstacles and failures. Has the student had any difficult experiences lately?
2. Discuss various idioms for falling down and getting up, such as:
 - fight a losing battle
 - will never fly
 - made a come back
 - make the cut
3. Read the article and discuss the concept of “getting back up”
4. Complete the fill in the blank exercise to practice the idioms

National Get Up Day on February 1st offers an opportunity to share inspiring stories of perseverance. The day reminds us to pick ourselves up when we've fallen and given it (whatever it may be) another go!

February 1st marks the official end of National Skating Month (January) when rinks across the country bring communities together to experience skating's joys and benefits. One of the first lessons every figure skater learns is how to fall and to get back up. This day is not just about skating, though. It is about celebrating that Get Up spirit that applies to every aspect of life. The day inspires others through stories, pictures, videos, and social media.

More importantly, February 1st reminds all of us to Get Up when we stumble. We never know when our efforts to seek a goal or overcome an obstacle will encourage another to do the same. Whether you find inspiration on or off the ice, in a classroom, through a co-worker, or in your own neighborhood, share your Get Up story on National Get Up Day!

HOW TO OBSERVE #GETUPDAY

Encourage someone you know. Rarely does anyone celebrate the failures. Yet, every time we Get Up and try again, we stand on a mountain of failures. It is how we learn and reach for our goals. So, share the moments you Get Up and persevere. Keep moving forward and upward. What makes you Get Up? Share your inspiration by using #GetUpDay on social media.

- Share your own experience — and spread the message — on social media. It can be any moment where you felt like you failed, but rather than giving up, you kept going. If you're sharing an experience on social media, be sure to use the hashtag #GetUpDay.
- Inspire others to Get Up — Whether you choose to do that by posting on social media, scheduling an event, or reaching out to friends who need a little boost, just be sure to inspire those in your life to keep going.

National Get Up Day Fill in the Blank

1. National Get Up days is an opportunity to share _____ stories of _____.
2. We all stumble and fall but how we _____ is important.
3. Rarely does one _____ the failures.
4. _____ is how we learn and reach for our goals.
5. We never know when our efforts to seek a _____ or overcome an _____ will encourage another to do the same.