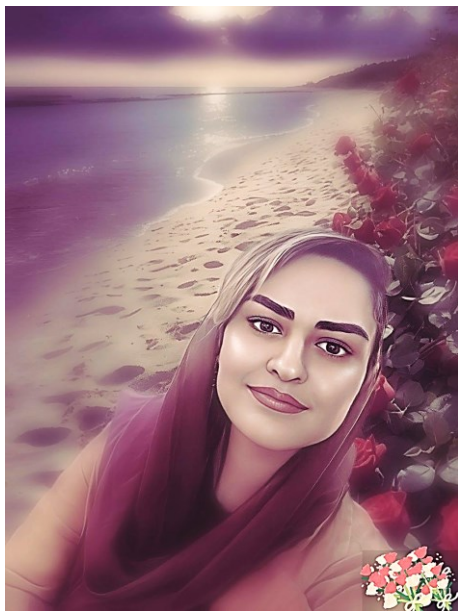




ABOUT THE VIDEO MAKER

Afsaneh Mousavi is a dedicated English language educator with over a decade of experience. She is also the author of the bilingual storybook, Adam and Eve. Throughout her career, she has committed herself to creating valuable English content for learners at all levels.

Afsaneh Mousavi
Author and Educator

Video script

Good morning to you all. Today is a special day for me! It's my birthday and I want to treat myself to a great gift that I have been thinking about. Nothing is better than buying something for yourself. Feel the day! The sun's so bright. The sunlight is touching my face and feels so warm. It's time to get up and head to the washroom. I'm washing my face with cool water. The water feels so refreshing. What can make the rest of the routine wonderful? A luxurious breakfast! I make it a habit to care about my first meal because I believe eating a healthy meal in the morning gives my body enough energy. After feeling full, I need to get changed to go out. But where am I going? I will tell you later! I've decided to continue my day beautifully by choosing the right store to visit. Let's put on our shoes and leave the house. A nice smile on my face helps me keep my mood steady. I prefer walking to driving. I know it might take time to get there, but it's worth it. Morning walks truly boost my happiness hormones. People are so receptive to my positive mood. Look at the children. Playing so happily. Oh, hi, Mrs. Lewis. Good to see you. Nice to see you, sweetie. She has a heart of gold. She's so mature and kind to customers. Whenever people have problems, she listens without judgment. That's why I admire her. Alright, I think I'm getting closed to the store I chose. Here we go! The flower shop is the store I have decided to come. Did you know my favorite flowers are sunflowers? If not, you've got it today. How beautifully the florist arranged them!

Look, these sunflowers are speaking to me! You: Excuse me. how much are these sunflowers? Florist: They're \$40. Are you buying these? You: Yes. Can you arrange these two sunflowers as a small bouquet? Florist: Sure. You: Thank you. I'm thrilled. That's a unique gift. Hi lovely sunflowers! I can't wait to hold you in my hands. You: Can I pay in cash? Florist: Yes, Ma'am. You: Here you are. Florist: Thank you. Oh! The sunflowers are a feast for the eyes. I love them. Now it's time to sing along; Happy birthday to me. Happy birthday to me. Happy birthday dear Afsaneh. Happy birthday to me. Sometimes celebrating yourself helps you see the world differently. So respect yourself and feel content with your life.

Vocabulary list:

People are so receptive to my positive mood: People are influenced by my positivity.

The flowers are a feast for the eyes: They are so beautiful.

Feel content with your life: Feel a sense of satisfaction and happiness with your current situation.

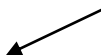
I admire her: I have a feeling of deep respect and approval for her.

A luxurious breakfast: A breakfast that is rich, fancy, and of high quality. It's not a quick, simple meal.

Different sentence structures:

I know it might take time to get there, but **it's worth it**.

It's an idiomatic expression of saying that the result of something is greater than the effort to get it.



Worth + noun phrase (Value):

Subject + be verb + worth + noun phrase

It means something has a certain value, either monetary or otherwise.

The old painting is **worth** a lot of money.

Worth + -ing verb (Importance/Effort)

It's worth + verb ending in -ing

It's worth checking the weather before you leave.

Worth + possessive pronoun + while (General Importance)

Subject + be verb + worthwhile

Thank you for your suggestion. It was **worthwhile**.

Key points:

Worth is a predicate adjective. You must use a to be verb before it.

This car **is worth** \$20,000.

Worth is followed by a verb, the verb must be in -ing form, not the infinitive.

It's worth reading this book.

Practice: complete each sentences with the correct form of the verb.

It's a long flight, but the view is worth (see).

The concert tickets were expensive, but they were worth (pay) for.

Find and correct the grammar mistake in each sentence.

This old car worth a lot of money.

This new phone is not worth buy. The quality isn't good.