

NOUNS AND PRONOUNS

Exercise 56. Let's read and write. (Charts 6-13 → 6-15)

Part I. Read the passage and answer the questions. *Đọc đoạn văn và trả lời câu hỏi.*

Calming Yourself

When was the last time you felt nervous or anxious? Were you able to calm yourself? There are a variety of techniques that people use to calm themselves. Here are three that many people have found helpful.

One way that people relax is by imagining a peaceful place, such as a tropical beach. Thinking about the warm water, cool breezes, and steady sounds of the ocean waves helps people calm themselves. Another popular method is deep breathing. Inhaling deeply and then slowly exhaling is an easy way for people to slow their heart rate and relax their body. Still other people find exercise helpful. Some people benefit from a slow activity like a 20-minute walk. Others prefer activities that make them tired, like running or swimming.

How about you? How do you calm yourself when you feel nervous? Do any of these methods help you, or do you do other things to relax?

Nervous (adj) hồi hộp, bồn chồn	Tropical beach: biển nhiệt đới
Anxious (adj) lo âu, lo lắng	Breeze (n) làn gió, gió nhẹ
Calm (v) giữ bình tĩnh	Steady (adj) êm đềm, đều đặn
Technique (n) kỹ thuật, phương pháp	Deep breathing: hít thở sâu
Inhale (v) hít vào	Exhale (v) thở ra

1. What are three ways people relax when they are nervous? (Use **one** and **another** in your answer.)

driving	doing housework	exercise
imagining a peaceful place	deep breathing	imagining a busy place

One is by _____.

Another is _____.

Another is _____.



2. Why do some people choose activities like running and swimming as a way to relax?

It makes them happy.

It makes them tired.

It makes them nervous.

3. Imagine you are trying to relax by thinking of a peaceful place. What place would you think of?

4. How do you relax when you are nervous?



Part II. Read this paragraph by one student who tells how he relaxes when he's nervous. *Đọc đoạn văn của một học sinh kể lại cách bạn ấy thư giãn khi lo lắng.*

How I Calm Down

Sometimes I feel nervous, especially when I have to give a speech. My body begins to shake, and I realize that I have to calm myself down. This is the technique I use: I imagine myself in a peaceful place. My favorite place in the world is the sea. I imagine myself on the water. I am floating. I feel the warm water around me. The sounds around me are very relaxing. I only hear the waves and maybe a few birds. I don't think about the past or the future. I can feel my heart rate decrease a little, and my body slowly starts to calm down.

Part III. Write a paragraph about how you relax when you are nervous. Follow the model. Give specific details about how you relax and what the results are.

Viết một đoạn văn về cách bạn thư giãn khi lo lắng theo mẫu sau. Nêu rõ cách bạn thư giãn và kết quả.

Sometimes I feel nervous, especially when I have to _____. My _____ and I realize that I have to calm myself down. This is the technique I use: _____

6-16 Summary of Forms of *Other* (Tóm tắt các dạng của *Other*)

	Adjective Tính từ	Pronoun Đại từ	
SINGULAR Số ít	another apple	another	Notice that the word others (other + final -s) is used only as a plural pronoun. <i>Lưu ý: từ others (other + final -s) chỉ được sử dụng như một đại từ số nhiều.</i>
PLURAL Số nhiều	other apples	others	
SINGULAR Số ít	the other apple	the other	
PLURAL Số nhiều	the other apples	the others	

Exercise 57. Looking at grammar. (Charts 6-15 and 6-16)

Complete the sentences with correct forms of **other**: *another, other, others, the other, the others*.

Hoàn thành các câu sau với các dạng đúng của **other**: *another, other, others, the other, the others*.

1. Juan has only two suits, a blue one and a gray one. His wife wants him to buy another one.

2. Juan has two suits. One is blue, and _____ is gray.

3. Some suits are blue. _____ are gray.

4. Some jackets have zippers. _____ jackets have buttons.

5. Some people keep dogs as pets. _____ have cats.

Still _____ people have fish or birds as pets.

6. My boyfriend gave me a ring. I tried to put it on my ring finger, but it didn't fit. So I had to put it on _____ finger.

7. People have two thumbs. One is on the right hand. _____ is on the left hand.

8. Sometimes when I'm thirsty, I'll have a glass of water, but often one glass isn't enough, so I'll have _____ one.

9. There are five letters in the word *fresh*. One of the letters is a vowel. _____ are consonants.

10. Smith is a common last name in English. _____

common names are Johnson, Jones, Miller, Anderson, Moore, and Brown.

Exercise 58. Listening. (Charts 6-15 and 6-16)

Listen to each conversation and circle the correct statement (a. or b.).

Nghe đoạn hội thoại sau và chọn đáp án đúng

1. a. The speaker was looking at two jackets.

b. The speaker was looking at several jackets.

2. a. The speakers have only two favorite colors.

b. The speakers have more than two favorite colors.

3. a. There are several roads the speakers can take.

b. There are two roads the speakers can take.

4. a. There are only two ways to get downtown.



- b. There are more than two ways to get downtown.
5. a. The speaker had more than four pets.
b. The speaker had only four pets.



Exercise 59. Listening. (Charts 6-15 and 6-16)

Listen to the conversation about dealing with loneliness. Complete the sentences with the words you hear.

Nghe đoạn hội thoại về cách đối phó với nỗi cô đơn và điền vào chỗ trống.

- A: What do you do when you're feeling lonely?
- B: I go someplace where I can be around _____ people. Even if they are strangers, I feel better when there are _____ around me. How about you?
- A: That doesn't work for me. For example, if I'm feeling lonely and I go to a movie by myself, I look at all _____ people who are there with their friends and family, and I start to feel even lonelier. So I try to find _____ things to do to keep myself busy. When I'm busy, I don't feel lonely.

Exercise 60. Check your knowledge. (Chapter 6)

Edit the sentences. Correct errors in nouns, pronouns, adjectives, and subject-verb agreement. *Sửa các lỗi về danh từ, đại từ, tính từ và sự hoà hợp giữa chủ ngữ - động từ.*

1. Jimmy had three ~~wish~~ → wishes for his birthday.
2. I had some black **beans** -> _____ soup for lunch.
3. The windows in our classroom **is** -> _____ dirty.
4. People in Brazil **speaks** -> _____ Portuguese.
5. There **is** -> _____ around 8,600 types of birds in the world.
6. My mother and father work in Milan. They are **teacher** -> _____
7. Today many **womens** -> _____ are **carpenter** _____, **pilot** _____, and **doctor** _____.
8. There **are** -> _____ a new student in our class. Have you met her?
9. There are two **pool** -> _____ at the park. The smaller one is for **childs** -> _____
The **another** -> _____ is for adults.
10. The highways in my country are **excellents**. -> _____
11. I don't like my apartment. **Its** -> _____ in a bad neighborhood. **Ther**



-> _____ is a lot of crime. I'm going to move to **other** -> _____
neighborhood.

"Two persons cannot long be friends if they cannot forgive each other's little failings."

Hai người không thể trở thành bạn lâu dài nếu như họ không thể tha thứ cho những thiếu sót nhỏ của nhau.