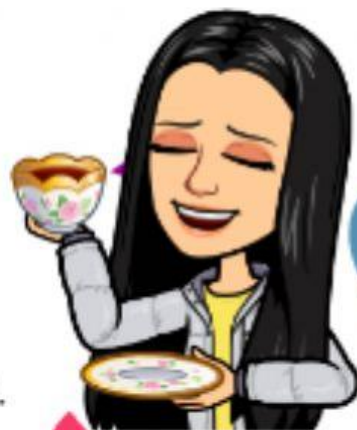


Lesson 6



Read and Write Always or Never

- 1 _____ do an activity to relax before you go to bed.
- 2 _____ drink cola or other fizzy drink.
- 3 _____ eat a big dinner.
- 4 _____ keep your bedroom quiet and dark.
- 5 _____ play computer games.
- 6 _____ to to bed at the same time every day.



What do Jack and Emily do to help them go to sleep?



- 1 I always / sometimes read a book in bed.
- 2 I sometimes / never have a glas of milk.
- 3 I never / always listen to quiet music.
- 4 I always / sometimes have a warm shower.
- 5 I never / sometimes watch TV.
- 6 I sometimes / always play computer games.
- 7 I never / sometimes eat a banana.
- 8 I always / never listen to a story.

