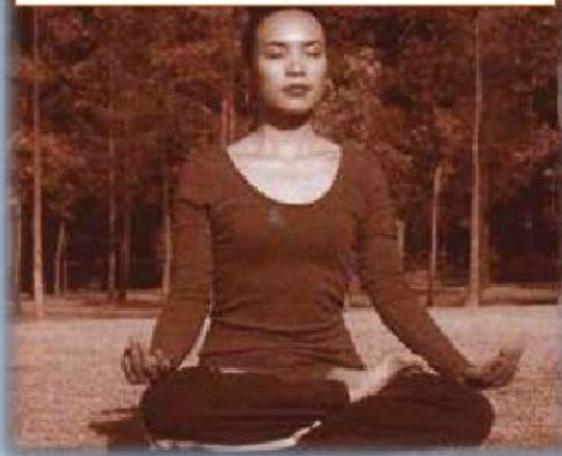




1. Reading Comprehension. Read the text...

Feeling Stressed Out?

Today I'm going to look at stress. Most people have basic strategies for dealing with stress: they might go for a walk, sit and listen to some relaxing music, have a hot bath, or take a nap. These all help. But today here are my top three tips that will really relax your mind and your body. So here we go.



Tip number 1: Yoga breathing technique

This is one of the easiest ways to relax. The yoga breathing technique is most effective when you are in a quiet place, and sitting in the well-known 'lotus position'. But you can also do it at the office, on the bus or in the park. Sit up or stand up straight. Choose a point to look at, and focus on it while you are breathing. Close your mouth and breathe in through your nose slowly and deeply, counting up to four. Hold your breath for four seconds, and then breathe out slowly, with your mouth closed. Again, count to four, and imagine all the stress and tension of the day leaving your body. Repeat the exercise up to ten times.

Tip number 2: Guided imagery relaxation technique

Another simple way to relax is to use the guided imagery technique. Find a quiet place and get into a comfortable position. Breathe deeply and slowly, and imagine you are breathing in peace and breathing out stress. Once you feel more relaxed, think of a picture of the most relaxing place you can imagine. Perhaps it's a beach on a tropical island, or a cosy armchair by an open fire. Allow yourself to daydream. When you feel relaxed, count down from ten, and tell yourself that when you get to 'one' you'll feel calm and refreshed. It really works!

Tip number 3: Progressive muscle relaxation technique

This is one of my personal favourites. You tense and then relax the muscles in different parts of your body. This really helps ease tension and makes you relax. You might find that the most enjoyable time to do this is in the evening. Sit down or lie down in a quiet place. Start with the feet. Tense up the muscle group in the feet, and hold for five seconds. Breathe in as you tense up. Then, release the tension all at once, and breathe out. Stay relaxed for ten seconds. Work your way up the body from one muscle group to the next. Repeat the exercise. Continue doing this until you have completed the whole body.

Right! Go ahead and try one of them! Enjoy yourself!

Then let me know what you think by posting a comment below ...

Decide whether the statements are true (T) or false (F).

- 1 All three relaxation techniques ask you to breathe correctly.
- 2 The most complicated technique is the yoga technique.
- 3 The yoga technique works best if you are alone and sitting down.
- 4 The guided imagery technique asks you to look at a picture.
- 5 The guided imagery technique does not work in a crowded room.
- 6 The progressive muscle technique asks you to focus on your body.

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INTERACTIVE QUIZ 2



2. Choose the correct question for the answer:

- ☺ When did Susan work in the 90's?
- ☺ Where did Susan worked in the 90's?
- ☺ Where did Susan work in the 90's?
- ☺ When did Susan worked in the 90

Susan worked in a
factory in the 90's.

- ☺ What did you travel to the beach?
- ☺ When did you travel to the beach?
- ☺ Where did you travel to the beach?

I usually travelled to the
beach in Summer.

- ☺ What did Tom doing yesterday evening?
- ☺ What were Tom doing yesterday evening?
- ☺ What was Tom doing yesterday evening?
- ☺ What is Tom doing yesterday evening?

He was playing cards.

- ☺ What did they doing when they got lost?
- ☺ What were they doing when they got lost?
- ☺ What were they doing when did they get lost?

They were trekking in the
mountains.

3. Match the sentences halves...

- I'm thinking of going...
- If the weather's good tomorrow,
- I'm exhausted! I'm...
- Nontos phoned earlier,
- I'm going to go to the gym this afternoon,
- That's a good idea! If I'm free,

- not going to do anything this evening.
- to join a Pilates class.
- the cinema this evening.
Do you want to come?
- I might come with you.
- I might go shopping.
- Ann and I are meeting him at the pub later.

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INTERACTIVE QUIZ 2



4. Select the correct form of these words 

aware mad weak lazy population homeless

Many cities are over-populated, and one of the biggest problems facing them is There are just not enough homes for everyone. London, for example, is the most heavily city in Europe, with 5,000 people per square kilometer.

Some people believe that homeless people are , and that they don't work. This is a simplistic view, because many homeless people have jobs, but the high cost of living in major cities means that they can't afford the rent.

Shelter, the charity for the homeless, is trying to raise people's of the problem. "Nobody wants to be on the streets", says one of the spokesman. "It's complete to think that these people are lazy and There are whole families that need help. The government must provide more homes, with rents that people can afford to pay."

5. Choose the correct forms to complete these sentences.

- 1 The bus stop is only five minutes away, so you *can* / *have to* walk there easily.
- 2 He *has to* / *doesn't have to* pay rent because he owns the flat.
- 3 There's a gym in the building, so you *can* / *have to* keep fit.
- 4 The heating has an automatic switch, so you *have to* / *don't have to* turn it off at night.
- 5 This building has a car park, so you *don't have to* / *can* park in the street.
- 6 They *have to* / *don't have to* go home early because there are no buses after ten o'clock.
- 7 We have a gardener who comes every week, so we *can* / *don't have to* worry about the garden.
- 8 They live in the suburbs, so they *can* / *have to* drive to the countryside easily.

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INTERACTIVE QUIZ 2



6. Write the LETTER (a b c d e f) next to the correct sentence:

1 My sister left
2 The bank lent
3 I borrowed
4 The story spread
5 Their kids are allowed
6 He took off

a her bag in the restaurant.
b his coat because it was so hot.
c to stay out late on Saturday nights.
d him \$1000 to start a business.
e through the village very quickly.
f his car for the weekend.

7. PAST SIMPLE & PAST CONTINUOUS

Complete the sentences with the correct form of the verb in brackets.

- 1 Someone threw a brick through my window while I (work)
- 2 While he was doing the presentation, a mouse (run across the room)
- 3 What (you do) when the fire started in the office?
- 4 His boss came in while he (buy) Christmas presents for his friends online.
- 5 I (not notice) that she was photocopying important documents.
- 6 She received the job offer while she (travel) around Europe.

