

LISTENING

- 1 Read the poster. What do you think of these tips?
- 2 Listen to the radio show. You will hear a woman asking six students about getting up in the morning. Match each student to the correct tip. There is an extra tip.

Student 1 – Tip ____ Student 2 – Tip ____ Student 3 – Tip ____
 Student 4 – Tip ____ Student 5 – Tip ____ Student 6 – Tip ____

7 tips to help you feel great in the morning!

A have a cold shower



B tidy your room



C let in the sun



D drink fruit juice

E move!



F use your brain!



G don't keep your alarm by your bed

