



- 1 Don't be afraid/fear! My dog won't bite!
- 2 In the middle of all the confused/confusion, the thief escaped.
- 3 Sarah couldn't control her delighted/delight when she heard the good news.
- 4 I was very upset/sadness when I failed the exam.
- 5 They say that lonely/loneliness is one of the biggest problems nowadays.

☆☆ Complete the dialogue with the correct adjectives and nouns.

- A: I'm going to the big match tonight with my dad!
I'm so **(a)** e.....!
- B: I hope your team wins. But will you be
(b) u..... if they lose?
- A: Of course! It'll be a big **(c)** d.....!
- B: Well, I'm **(d)** d..... that I'm not going with you. I really don't like football!

☆☆ Complete the text with the correct words.

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Chris

Lucas is my best friend. We hang (a)..... together a lot. Basically, we (b)..... on really well together. I mean, what more do you want from a friend?



Charlotte

My closest friend is Zoe. We have a lot in (c)..... but sometimes we (d)..... arguments because we don't always (e)..... eye to eye! But we always make it (f)..... quickly.



Amy

I had a really good friend but I recently (g)..... out with her and it makes me sad because I haven't got a large circle of (h)..... I see her every day at school because she's a (i)..... of mine. That doesn't make the situation easier!



John

In the last three or four years I've made lots of 'friends' online but the people who really help me are my oldest friends. They've been with me through (j)..... and thin since I was quite young. I've had my ups and (k)..... with some of my oldest friends, but that's all part of true friendship!



Every morning Ray Dalio sits comfortably, closes his eyes and repeats the same couple of words for 20 minutes. While he's doing this activity, he focuses completely on it. He's done this for over 40 years. There's another thing about Mr Dalio that you should know: he's one of the richest people in the world. He says that practising this simple exercise has probably been the most important reason for his success. It helps him to slow down so that he can act calmly, even in situations of great stress.

Almost none of us are billionaires like Mr Dalio. However, we all have one thing in common with him: stress in our lives. Perhaps, for you, it's caused by the pressure of exams or, sometimes, by having a row with your parents. However, doing simple exercises like Mr Dalio can help us to reduce this stress. The good news is that schools are beginning to teach these techniques.

In several countries, including the US and the UK, some primary and secondary schools are starting to teach what is called 'mindfulness'. When we are in a mindful state, we are calm and our mind is not full of a thousand different thoughts. We concentrate on what is happening in the present moment: for example, on our breathing or on some words. We can also practise mindfulness when we do everyday activities. For example, when we are eating, we can focus on how the food tastes.

Mindfulness won't help us control all the thoughts and emotions that come into our head. But it can help us to stop these emotions from controlling us. When we are mindful, we can create a space between the emotion (for example, anger or, even worse, rage) and how we respond to it. Through mindfulness, we can also learn to focus better. This helps us to do all kinds of activities more efficiently.

In one school in Denver, Colorado, they analysed the results of a mindfulness programme. The students who had received mindfulness training were 250% better at dealing with their emotions than their classmates who hadn't been on the programme, and their exam grades were 550% better! These results are so spectacular that we have to ask a very simple question: why aren't we teaching mindfulness in all our schools?

☆ Match the halves to make sentences. Then identify the actions which happened first.

- 1 We had had lots of arguments,
- 2 I sent a message to apologise
- 3 Tim and Beth hadn't eaten all day
- 4 Camila didn't go swimming
- 5 They had a party

- a because they had won the final.
- b but this one was really serious.
- c because she had forgotten her towel.
- d so they ordered a big pizza.
- e because I hadn't been very nice.

☆☆☆ Complete the text with the verbs given in the past simple or past perfect.

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Strange, but true!

posted today

In 1979, Jim Lewis **(a)** (meet) Jim Springer. They **(b)** (not see) each other for 39 years, when they **(c)** (be) four weeks old. They **(d)** (live) apart all their lives but they were identical twins! When they **(e)** (start) to talk, they **(f)** (discover) that they **(g)** (have) a lot of things in common. The couples who **(h)** (adopt) each of them **(i)** (decide) to call them James. Later on in their lives, both Lewis and Springer **(j)** (marry) women called Linda. Both of them **(k)** (get) divorced and **(l)** (marry) for a second time – to women called Betty! They also **(m)** (find) out that they **(n)** (drive) the same make of car and, every year, they **(o)** (spend) their holidays at exactly the same place in Florida!

☆☆ Complete the text with the correct form of the words in the box.

bright • citizen • dark • free • king •
leader • member • star

✈ *Did you know that ...?*

- The United (a) is one country but it also contains four different countries.
- Scientists say that complete (b) doesn't exist. There is always some light.
- Before he achieved (c) as an actor, one of Brad Pitt's jobs was to dress as a chicken to advertise restaurants!
- The sun's (d) is 400,000 times stronger than the moon's.
- Under the (e) of Alexander the Great, the Greek Empire extended as far as the west of India.
- A man in the US was in prison for 69 years before he obtained his (f)
- Spain obtained its (g) of the European Union at the same time as Portugal.
- (h) of the Vatican City is not based on where you are born. Almost no one is born there because there are no hospitals!

