

13 Touch

A Ways of touching



1 She squeezed the bottle.



2 I tapped him on the shoulder.



3 He grabbed my bag.



4 She pinched my arm.



5 He punched him.



6 The cat scratched me.



7 They hugged each other.



8 She slapped his face.



9 She rubbed the suntan lotion on.

SPOTLIGHT verbs and nouns

Some of these verbs can be used as nouns with the same meaning.

- She gave him a **punch/slap** on the arm.
- He gave her hand a **squeeze**.
- Give him a **tap** on the shoulder.
- I got a **scratch** on the car.

1 Can you do this with one finger? Write Yes or No.

- | | | | |
|-------------------------|-------|-------------------------------|-------|
| 1 hug someone | | 5 scratch someone | |
| 2 rub someone/something | | 6 tap someone on the shoulder | |
| 3 grab something | | 7 slap someone | |
| 4 pinch someone | | 8 punch something | |

2 Answer the questions. Write Yes or No.

- | | |
|--|-------|
| 1 If you punch someone, do they usually laugh? | |
| 2 If you hug someone, are you trying to hurt them? | |
| 3 If you tap someone on the shoulder, are you trying to get their attention? | |
| 4 If you scratch your car, are you happy about it? | |
| 5 If you grab something, do you do it quickly? | |
| 6 If you pinch someone, is it nice? | |
| 7 If you slap someone, does it often hurt? | |
| 8 Can you squeeze a bottle of milk? | |

3 Complete the sentences.

- 1 He her hand until it started to hurt.
- 2 Someone me a on the shoulder, so I turned round.
- 3 The youth the woman's purse and ran off down the road.
- 4 When Sam left for his trip, he said goodbye to his wife and her a
- 5 People were horrified when the mother the child round the face.
- 6 Oliver his hands to keep warm.
- 7 The man Joe in the stomach, and he dropped to the floor.
- 8 Don't your mosquito bites – they'll start to bleed.

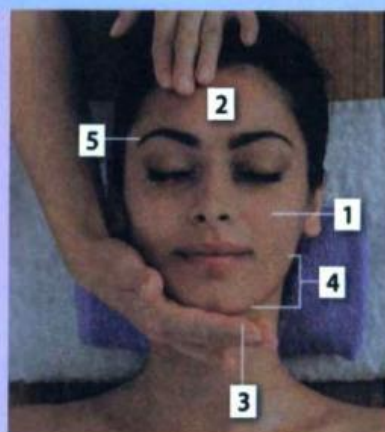


TEST YOURSELF

B Massage

A Simple Face Massage

- 1 Start by **gently stroking** the whole face. With both hands, **slide** up the neck, across the **cheeks**¹, then up and over the **forehead**². **Apply gentle pressure** to the sides of the head.
- 2 **Stimulate** the skin by gently **patting** the cheeks and neck.
- 3 Use your **fingertips**³ to **lightly massage** the skin around the **jaw**⁴.
- 4 To **release tension** around the eyes, **firmly** press down on the **eyebrows**⁵ with your fingertips.
- 5 Massage the **scalp** **vigorously** as if shampooing your hair.



GLOSSARY

massage	(see picture): have a massage ; massage v
stroke	move your hand over sb's skin, hair, etc. gently and slowly
slide	move or make sth move smoothly along a surface
apply pressure (to sth)	press on sth hard with your hand, foot, etc.
stimulate	make a part of the body or skin more active
pat	touch sb/sth gently a number of times with a flat hand or both hands
tension	You have tension if your muscles are tight and not relaxed and you need to release (= free) the tension.
scalp	the skin that covers the part of the head where the hair grows

SPOTLIGHT adverbs of manner

Gently and **lightly** are soft, relaxed movements. **Firmly** is much stronger. If you move your hands **steadily**, you make regular movements. **Vigorously** means in a very energetic and active way. **energetically**.

4 Are these actions usually gentle, or can they be quite vigorous?

stroke massage slide apply pressure pat stimulate

GENTLE: _____

USUALLY VIGOROUS: _____

5 Cover the text and look at the face. What does each number identify?

1 _____ 3 _____ 5 _____
2 _____ 4 _____

6 Complete the sentences.

- 1 I often _____ my forehead, cheeks and neck: it stimulates the skin.
- 2 I love going to have a _____ – it's so relaxing.
- 3 She sat quietly, gently _____ the cat.
- 4 The physio just used his fingertips to apply _____ to the back of my neck.
- 5 When the hairdresser washes my hair, he massages my _____ quite _____.
- 6 The doctor _____ pressure to the wound to stop the bleeding.
- 7 Don't use the whole of your fingers for massage, just the _____.
- 8 I think a massage is one of the best ways to release _____ in your body.
- 9 Massage and exercise help to _____ blood circulation in the body.
- 10 The doors _____ open automatically as you approach.
- 11 I tapped him _____ on the shoulder to get his attention.
- 12 I pressed the button _____ but still nothing happened.



TEST YOURSELF