

- a** Listen to the song and fill the gaps a–h in the chorus with adjectives from the box. There are two adjectives you don't need.

calm tough bad stronger kind bold cool
hard loyal wiser

You gotta be

Listen as your day ¹**unfolds**,
Challenge what the future ¹**h**_____
Try and keep your head up to the ³**sky**

Lovers they may cause you ²**tears**
Go ahead release your ²**f**_____
Stand up and be counted
Don't be ashamed to ³**c**_____
You gotta be

CHORUS

You gotta be ^a_____
You gotta be ^b_____
You gotta be ^c_____
You gotta be ^d_____
You gotta be ^e_____
You gotta be ^f_____
You gotta be ^g_____
You gotta be ^h_____

You gotta stay together
All I know, all I know
Love will save the day

Herald what your mother ⁴**said**
Read the books your father ⁴**r**_____
Try to solve the puzzles in your own sweet time
Some may have more cash than ⁵**you**
Others take a different ⁵**v**_____
My oh my

CHORUS

Time asks no questions, it goes on without ⁶**you**
Leaving you behind if you can't stand the ⁷**pace**
The world keeps on spinning, can't stop it if you tried ⁶**t**_____
The best part is danger staring you in the ⁷**f**_____

Remember listen as your day unfolds, etc.



- b** Look at the gaps 1–7 in the verses. Each gapped word rhymes with the **bold** word that has the same number. Try to guess the missing words. Then listen again and complete them.

- c** Listen again and read the lyrics. Use the glossary to help you. The song gives advice on how to live. Match the pieces of advice 1–7 to the correct phrase(s) in the song.

1 Don't let problems get you down
Try and keep your head up

2 Be prepared to suffer because of relationships

3 Don't worry about showing your emotions

4 Learn from your parents

5 Don't be envious of people who are richer than you

6 Not everybody will agree with you

7 Don't waste time or you will miss opportunities

Glossary

you gotta be = you've got to be / you have to be

unfold = open out

challenge what the

future holds = don't accept your fate,
make your own future

release = let go

be ashamed = feel bad about

herald = say in public that something is good
or important

can't stand the pace = can't go fast enough

spin = go round

stare = look at somebody / something for a
long time

Song facts

This song was first recorded by Des'ree, one of the UK's most successful pop / soul singers of the 1990s. Her other big hits were *Life* and *What's your sign?*