

1C You can do it!

HOW TO ... | encourage people
VOCABULARY | feelings
PRONUNCIATION | stress in short phrases

VOCABULARY

feelings

1 A Work in pairs. Look at the photo above and discuss the questions.

1 What do you think the father is saying?
2 How do you think his son feels?
3 What words do you know to describe feelings in English?

B Read the article. Which phrases do you often use? Which phrases do other people say to you?

C Match sentences (1–8) with sentences (a–h). Use the article to help you.

1 He needs to relax. d
2 She knows a lot about animals.
3 He drives very slowly.
4 She doesn't often see people now she's working from home.
5 He finished the painting last night and he likes it.
6 She's sure she can do it.
7 He doesn't like his job.
8 She's feeling good about going to university.

a She sometimes feels **lonely**.
b He's **pleased** about it.
c She's really **interested** in their lives.
d He looks **stressed**.
e She's feeling very **confident**.
f He's **unhappy** at work.
g She's feeling **positive** about the future.
h He's **afraid** of having an accident.

2 A Work in pairs. Match the adjectives in bold in Ex 1C with the stress patterns (1–5).

1 O (x2) pleased, ...
2 Oo
3 oO
4 Ooo (x3)
5 oOo

B 1.04 | Listen and check. Then listen again and repeat the words.

C Work in pairs. Look at the article in Ex 1B again and answer the questions.

1 What preposition comes after each adjective in bold? Which adjective doesn't need a preposition?
stressed about
2 What type of words come after the prepositions?
stressed about something – pronoun

Words to change your mood

It's always nice to do things for the people you care about. But sometimes a few words can change how other people feel. Use one of these phrases today to put a smile on someone's face!

- 'Nice coat! Is it new?' – People like it when you notice something new.
- 'It'll be OK.' – Sometimes someone feels **stressed** about something for a good reason. These words can make them feel a little more **positive** about things.
- 'I know what you mean.' – This means you're really listening to the other person. You're **interested** in their ideas. But only say this if it's true.
- 'You can do it!' – This helps when people are **afraid** of trying something new. You can also say, 'You'll be great!'
- 'What do YOU think?' – People are always **pleased** about it when you think their opinion is important.
- 'That's a really good question!' or 'What a great question!' – These are good things to say to someone who isn't very **confident** about speaking and you want to help them.
- 'Do you want to have a chat or maybe go out for a coffee?' – This can help people when they are feeling **unhappy** about something or they are perhaps a little **lonely**.

D Work in pairs and discuss the questions.

1 When was the last time you felt pleased about something you did or made?
2 Imagine that your friend says that they're lonely. What do you do?
3 How do you help someone who is stressed about their work or studies?
4 Are there any animals that you are afraid of?
5 Are you confident about speaking in front of a lot of people?
6 What things were you most interested in when you were a child?
7 Do you generally feel positive about your future?
8 Are you happy or unhappy with your phone?

LIVEWORKSHEETS



How to ...

encourage people

3 A **How do you feel in these situations? What can someone say to help you feel better?**

a You're late meeting a friend or partner.
b You're going to give a presentation at work, school or university.
c You're wearing new clothes for the first time.
d You have an important exam soon.

B **1.05 | Listen and match the conversations (1–3) with the situations (a–d) in Ex 3A. One of the conversations matches two situations.**

C **Work in pairs. Complete each phrase with one word.**

1 B: Well, I don't feel confident about speaking to all those people.
A: Matt, you prepared it! You know it better than anyone. **You** _____ **do it!**
2 B: I'm afraid of saying something wrong.
A: **It'll** _____ **fine. You'll be** _____ **. Just be yourself.**
3 B: I'm late. I'm really sorry.
A: **That's** _____ **right.**
4 B: I'm feeling really stressed at the moment.
A: **I** _____ **. It's fine, really.**
5 A: _____ **jacket!** Is it new?
B: Yes, it is. I got it last week from the market.
A: **It looks** _____ **!**
6 B: What's the best way to remember all this information?
A: **What** _____ **good question!**
7 C: I read my notes every evening – out loud. It helps me to remember things.
A: OK. **I know what you** _____ **.**
8 D: We can help each other and test each other.
A: **That's a good** _____ **.**
9 A: **What do you** _____ **,** Helena**?** What works best for you?
B: I'm not sure.
A: **Go** _____ **!**
10 B: So why do we need to remember it for an exam?
A: **That's a great** _____ **.**

D **1.06 | Listen and check your ideas.**

4 A **Put the phrases in bold from Ex 3C into the correct group.**

Showing that you understand	Encouraging people	Complimenting someone
That's all right.	You can do it!	Nice jacket!
_____	_____	_____
_____	_____	
_____	_____	
	_____	
	_____	
	_____	
	_____	
	_____	

B **Learn and practise. Go to the Grammar Bank.**

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PRONUNCIATION

5 A **| stress in short phrases | Work in pairs and look at the phrases in Ex 4A. Where is the main stress in each phrase?**

B **1.07 | Listen to the phrases and mark the main stress.**

C **1.07 | Listen again and repeat.**

D **Work in pairs. What can you say in these situations? Use phrases from Ex 4A. Pay attention to the stress.**

Your friend
1 is wearing a new shirt.
2 is afraid to speak in front of the class.
3 breaks a glass in your kitchen.
4 says they're unhappy about their job. You work in the same place.
5 asks you something interesting.
6 has a test tomorrow and they're stressed about it.

SPEAKING

6 **Work in pairs. Have conversations to practise saying things to make people feel better. Student A: Go to page 140. Student B: Go to page 143. Take turns to start a conversation.**

MEDIATION SKILLS
looking for specific information

relay specific information

page 152 **MEDIATION BANK**

Speak anywhere Go to the interactive speaking practice

LIVEWORKSHEETS

1D BBC Street Interviews

I love cooking!

GRAMMAR | verb + *-ing* form
SPEAKING | interview people about their likes and dislikes
WRITING | write an online profile









PREVIEW

1 A **Work in pairs. Write down two things that you think your partner likes and one thing that you think they dislike.**

B **Check with your partner. Were you correct?**

Do you like ... ?
Do you dislike ... ?



Q1: What kind of things do you enjoy doing?

Q2: What do you like and dislike about your daily routine?

VIEW

2 A ▶ **Watch the first part of the video. Which topics in the box do the people mention?**

music people shopping sport TV

B **Work in pairs. Complete the sentences.**

1 I love _____. I really love being in the kitchen.
2 I love singing, and just hanging out, not _____ anything sometimes.
3 I actually play for my _____ team in school.
4 I like visiting _____.
5 I like coffee, _____ with friends, ...
6 I enjoy roller skating, and I also enjoy teaching _____.
7 I _____ maybe three times a week.
8 It's a lot of _____.

C ▶ **Watch again and check.**

3 A ▶ **Watch the second part of the video. What is the most common thing that the people dislike?**

B **Work in pairs. What do you remember? Choose the correct words.**

1 I really don't like **doing** / **putting** my make-up or my hair.
2 I really don't like getting up **really** / **super** early for university.
3 I hate waking up **when** / **after** it's raining.
4 I hate **not finishing** / **don't finish** all of my work that I need to do that day.
5 I hate taking the bus – it's **not interesting** / **boring** and it's quite long.

C ▶ **Watch again and check.**

D **Work in pairs. Which of the speakers is the most similar to you?**

LIVEWORKSHEETS

BBC













GRAMMAR

verb + *-ing* form

4A **Read the sentences (1–4). What verb form do we use after *like*, *dislike*, *hate*, etc.?**

1 I don't like getting out of bed sometimes.
2 I dislike cooking.
3 I like going out.
4 I hate waking up early.

B **Learn and practise. Go to the Grammar Bank.**

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SPEAKING

interview people about their likes and dislikes

5A **Work with a different partner from Ex 1A. Think of questions to ask each other about these things.**

- work or studies
- free time
- housework (e.g. cleaning, cooking)

B **Interview your partner. Ask them your questions from Ex 5A. Use the Key phrases to ask follow-up questions.**

KEY PHRASES

What do you like/dislike about it?
Why do you like/dislike it?
Do you like doing it with someone, or alone?
Why do you feel that way?
Why's that?
Can you give me some examples?

C **What things do you and your partner have in common? Tell other students.**

It was interesting to speak to Gregor because we have a lot in common. We both enjoy playing video games and we both dislike washing dishes. We don't mind cooking, but we don't like doing it every day.

WRITING

write an online profile

6A **Read the online profile. What do you have in common with the writer?**



Ermiasdor01
Updated 12 minutes ago

Connect with Ermias

I really love doing things outdoors – hiking, camping, cycling – but I enjoy a lot of indoor activities, too. For example, I love cooking and watching films. I like being alone sometimes, and when I'm alone I like reading. Books are important to me and I love discussing a good book with other people.

I don't hate anything. (Actually, I hate the word 'hate'.) But there are a few things I dislike doing. I really don't like going to the theatre or to concerts because I don't like places with a lot of people.

B **Work in pairs and compare your answers.**

C **Write your own profile. Use the model in Ex 6A to help.**

D **Read other students' profiles. Who has the most in common with you?**

LIVEWORKSHEETS

1 REVIEW

GRAMMAR

questions

1 A **Complete each question with one missing word.**

is
1 Which month your favourite?
2 Where you usually go in the summer?
3 What kind ice cream do you like the best?
4 How hours do you study English in a week?
5 Why you late for the last lesson?
6 What you have for breakfast this morning?
7 When you going to have a real holiday?
8 Who your favourite sportsperson?

B **Work in pairs. Ask and answer five questions from Ex 1A.**

present simple and continuous

2 A **Complete the sentences with the present simple or present continuous form of the words in brackets so they are true for you.**

1 I _____ too much money these days. (spend)
2 I _____ too much money on holidays. (often / spend)
3 I _____ a lot of new things these days. (learn)
4 I _____ parties. (enjoy)
5 I _____ for job interviews. (usually / prepare)
6 I _____ for a job interview now. (prepare)
7 I _____ a lot at the moment. (study)
8 I _____ home before seven o'clock. (often / arrive)

B **Work in pairs and compare your sentences from Ex 2A. Give extra information about each one.**

verb + *-ing* form

3 A **Correct the mistakes in five of the sentences.**

putting
1 I like ~~puting~~ on new clothes for the first time.
2 I hate haveing friends round to my home for dinner.
3 I don't mind working in the evening.
4 I love begining a new project.
5 I enjoy makeing dinner for myself.
6 I dislike studiing alone.

B **Work in pairs. Which sentences in Ex 3A are true for you?**

VOCABULARY

4 A **Complete the words and phrases with the missing vowels.**

common verbs	jobs	feelings
1 w_k_ _p	7 __th_r	13 str_ss_d
2 g_ to sl__p	8 d_nc_r	14 p_s_t_v_
3 br_sh your t__th	9 d_nt_st	15 _nt_r_st_d
4 dry your h__r	10 f_ct_ry w_rk_r	16 _fr__d
5 g_t dr_ss_d	11 t__r g__d_	17 pl__s_d
6 l_ck the d__r	12 v_t	18 l_n_ly

B **Work in pairs and discuss the questions.**

1 In what order do you do the everyday activities in Ex 4A (1–6)?
2 Which jobs (7–12) would you like the most and least?
3 When do you experience each of the feelings (13–18)?

5 A **Choose the correct option (A–C) to complete the text.**



In my home country I had a good [1] _____ as a tour guide, but then I moved to Sydney and everything changed. I tried to find the same kind of job, but I didn't speak English well and no one [2] _____ me a job. Finally, I took a job as a cleaner. The [3] _____ wasn't very good, but it was something. The work was hard and the kitchens were the worst. People didn't do the washing [4] _____ or [5] _____ anything away, and there was often old food everywhere (the smell was terrible). I didn't like working alone and felt lonely and [6] _____. I studied English in my free time and when I was more [7] _____, I [8] _____ another interview for a job in the tourist [9] _____. That was five years ago. Now it's my [10] _____ to train new guides and I love it!

1	**A** industry	**B** cry	**C** career
2	**A** contract	**B** offered	**C** locked
3	**A** pay	**B** career	**C** vet
4	**A** over	**B** out	**C** up
5	**A** shut	**B** put	**C** get
6	**A** unhappy	**B** interested	**C** positive
7	**A** afraid	**B** pleased	**C** confident
8	**A** had	**B** signed	**C** did
9	**A** career	**B** industry	**C** interview
10	**A** pay	**B** job	**C** offer

B **R1.01 | Listen and check.**

LIVEWORKSHEETS