Reading and use of English

Part 4

1 EXAM For questions 1–6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and six words, including the word given.

Exam tips

- Make sure the second sentence is in the same tense as the first sentence.
- Check that the meaning is the same, and that you have only used between two and six words.
- You will lose points for writing more words, even if the meaning is the same.

1 'Nina, you should stay active while on vacation,' the trainer told me.
WARNED
The trainer _____ while on vacation.

2 My yoga class is starting soon.
ABOUT
My yoga class _____ start.

3 Danielle recovered from her exhaustion after a week.
OVER
It took Danielle _____ her exhaustion.

4 'I would talk to someone about how you feel, Sam,' said Laura.
ADVISED
Laura _____ about how he feels.

5 Sarah was diagnosed with an anxiety disorder six years ago.
BEEN
_____ Sarah was diagnosed with an anxiety disorder.

6 'Study the maths test on Wednesday, Nick,' the teacher said.
TOLD
The teacher _____ for the maths test on Wednesday.

LIVEWORKSHEETS

Vocabulary

Health and well-being

1 Complete the sentences with the correct form of the phrases in the box.

connect with friends • distract yourself • eat comfort food
stay active • take a nap • talk to someone

1 If I can't keep my eyes open in the afternoon, _____ always gives me more energy.
2 When you feel worried or anxious about something, _____ may be helpful.
3 It's important to _____, even when you don't feel like getting off the sofa.
4 Spending time with other people can make a big difference to your mental health. Remember to _____.
5 Try to _____ when you have negative feelings. Do something you enjoy.
6 _____ once in a while is OK, but it's important to develop other healthy ways to cope with your feelings.

Body and mind

2 Underline the correct alternative to complete the sentences.

1 When your best friend doesn't text you back, you can't help but *feel upset / jet-lagged*.
2 When you get back from a long plane journey, it's normal to feel *jet-lagged / anxious*.
3 When you are in the queue waiting to ride a rollercoaster, you can feel your hands *scratch / sweat* as you are feeling nervous.
4 When you are tired, you *sneeze / yawn* widely.
5 When you have been sitting down for hours, you need to *stretch / scream* your arms above your head.
6 When you have a lot of exams and other things going on in your life, you might feel *hurt / stressed*.

3 Underline the correct alternative to complete the text.

Looking after your mental health is just as important as your physical health. Here are some (**1**) *motions / suggestions* that you can (**2**) *compare / consider*:

- Make time to (**3**) *relax / ease* every day, even if it is just for a few minutes.
- Stay (**4**) *mobile / active*. Exercise is good for your mental and physical health.
- Spend some time with friends or family.
- (**5**) *Scheme / Plan* your study time ahead of tests or exams so that you have enough time to get through everything. That way you won't feel so (**6**) *overcome / overwhelmed*.
- Have some (**7**) *quiet / silent* time away from technology. Spend this time outside in the fresh air.

Listening

Part 4

1 EXAM You will hear part of a radio interview with a woman called Janis Hamilton, who works as a psychologist. For questions 1–7, choose the best answer (A, B or C).

1 What does Janis say about the resources available for teens?
A They are all free.
B There are more options than in the past.
C They all use technology.

2 What do teenagers like about the mental health apps?
A the way they are downloaded
B the activities
C their design

3 Janis believes that mental health apps are effective based on
A her own experience.
B studies by experts.
C opinions from teens.

4 Creative arts therapy helps teenagers who
A enjoy listening to music.
B find it difficult to talk about how they feel.
C need to think about something else.

5 What was the real reason for Janis's client's problems?
A his friends B his family C school

6 Who did Hans do art therapy with?
A Janis B a teacher C Janis's co-worker

7 What benefit did Hans get from art therapy?
A He could concentrate better.
B He found it easier to talk about his emotions.
C He felt less anxious.

Exam tips

- Think about why the wrong answers are wrong.
- Be cautious of hearing the exact words in the questions and the recording. They may be distractors.

LIVEWORKSHEETS

Grammar

Reported speech

1 Read the reported speech sentences. Rewrite them in the direct speech.

1 She said that she was feeling really jet-lagged after her long flight.

2 He told me that he had been feeling exhausted after studying long hours all week.

3 Nathan said that he had been really anxious about his upcoming exams.

4 My best friend told me that she was going to always be worried about the future.

5 One of my classmates told me that he was feeling depressed.

6 She shared with me that she was hurt by what Chitra had said.

7 Manuel said that he had been under a lot of pressure to finish the project.

Reporting verbs

2 Rewrite the sentences in reported speech.

1 'I just want to eat some chocolate and feel better,' she said.

2 'I know I shouldn't shop online,' he admitted.

3 You'll soon be hungry after such a small meal,' she warned.

4 'I have always felt better after doing some yoga,' he said.

5 'Joining the local book club has been great for my mental health,' she explained.

6 'I feel so much better after spending time with my best friend,' he announced at the party.

7 'Talking to a therapist has really helped me deal with my anxiety,' she claimed.

8 It's a good idea to watch funny videos to take your mind off things,' she recommended.

3 Rewrite the sentences in reported speech using the verbs in the box. Each sentence can be written in two different ways.

admit • agree • announce • apologise
promise • suggest

1 'I will be able to cope with the stress,' Theo said.
Theo promised to cope with the stress. / Theo promised he would cope with the stress.
2 'Nina is very sorry she got involved in that argument,' Tom said.
3 'I am leaving this group,' Sally said.
4 'Sure, I will talk to someone about it,' Sophie said.
5 'Let's go now,' Grandma said.
6 'OK, I'll have to be honest. I'm getting over a burnout,' Jade said.

Reported questions

4 Rewrite the questions in reported speech.

1 'Are you interested in staying active?' Rob asked.

2 'How long have you been going through this situation at school?' Mom asked me.

3 'Who makes you smile the most?' Nena asked John.

4 'Would you like to be on the hockey team?' the instructor asked James.

5 'Can you smile for our selfie?' Nina asked Liz.

6 'Do you connect with friends online?' the teacher asked us.

5 Rewrite the following conversation in reported speech.

Jamal I am so stressed about school. I have a huge test next week, and I feel like I know nothing!
Diana I've been having nightmares about failing my exams. But you know what always helps me calm down? Singing 'Hakuna Matata' from *The Lion King*!
Jamal That's hilarious! Maybe I should give that a try?
Diana If we fail, we can always travel the world!
Jamal Thanks for making me laugh. I feel a little better already.

Jamal said that he was so stressed about school...

LIVEWORKSHEETS

Writing
Part 2

1 Read the exam task below. Answer the questions.

Your English-speaking friend Beatriz wrote and asked you for suggestions of how to deal with anxiety about school. Read part of Beatriz's letter and reply.

Hello!
I've been feeling really anxious about school lately. I remembered that you had some problems with anxiety in the past. I'm looking for ways to cope better with anxiety.
Could you give me some suggestions?
Thanks,
Beatriz

Write your **reply** in 140–190 words.

1 What style would you write your letter in? _____
2 What information would you include? _____
3 Would you make a recommendation? _____

2 Read the example letter. Answer the questions.

Hi Beatriz
I'm sorry to hear that you're dealing with anxiety. It's a horrible feeling, isn't it? School can be one of the most stressful times in our lives. Balancing homework, extracurricular activities, and social life can be stressful. In a nutshell, it's not surprising that lots of teenagers like us feel anxious about it.
There are several ways to deal with school-related anxiety. Firstly, asking for support from a teacher or trusted adult can help with the pressure. I find that working on my time management and taking regular breaks can help reduce stress. Another effective strategy is practising mindfulness techniques such as meditation or deep breathing exercises.
Anyway, of all the ways to deal with school-related anxiety, I think you should try practising mindfulness techniques. These techniques can be done anywhere and anytime, especially if you download an app to your phone.
I hope that you find these suggestions useful.

1 How many suggestions has the writer made?
2 Do you agree with her recommendations?

3 EXAM Read another exam task. Write your reply in 140–190 words in an appropriate style.

Hello! I've just started studying remotely and I'm finding it difficult. I miss being in the classroom and my friends, and it's making me feel quite sad. Do you have any suggestions on dealing with these negative feelings?
Thanks,
Kelly

Exam tips

- Use appropriate, informal vocabulary.
- Use a direct and personal tone and direct sentences.
- Use short forms.

Language focus

Informal linking words

Plus, …
Also, …
Anyway, …
In a nutshell, …
Well, …

LIVEWORKSHEETS