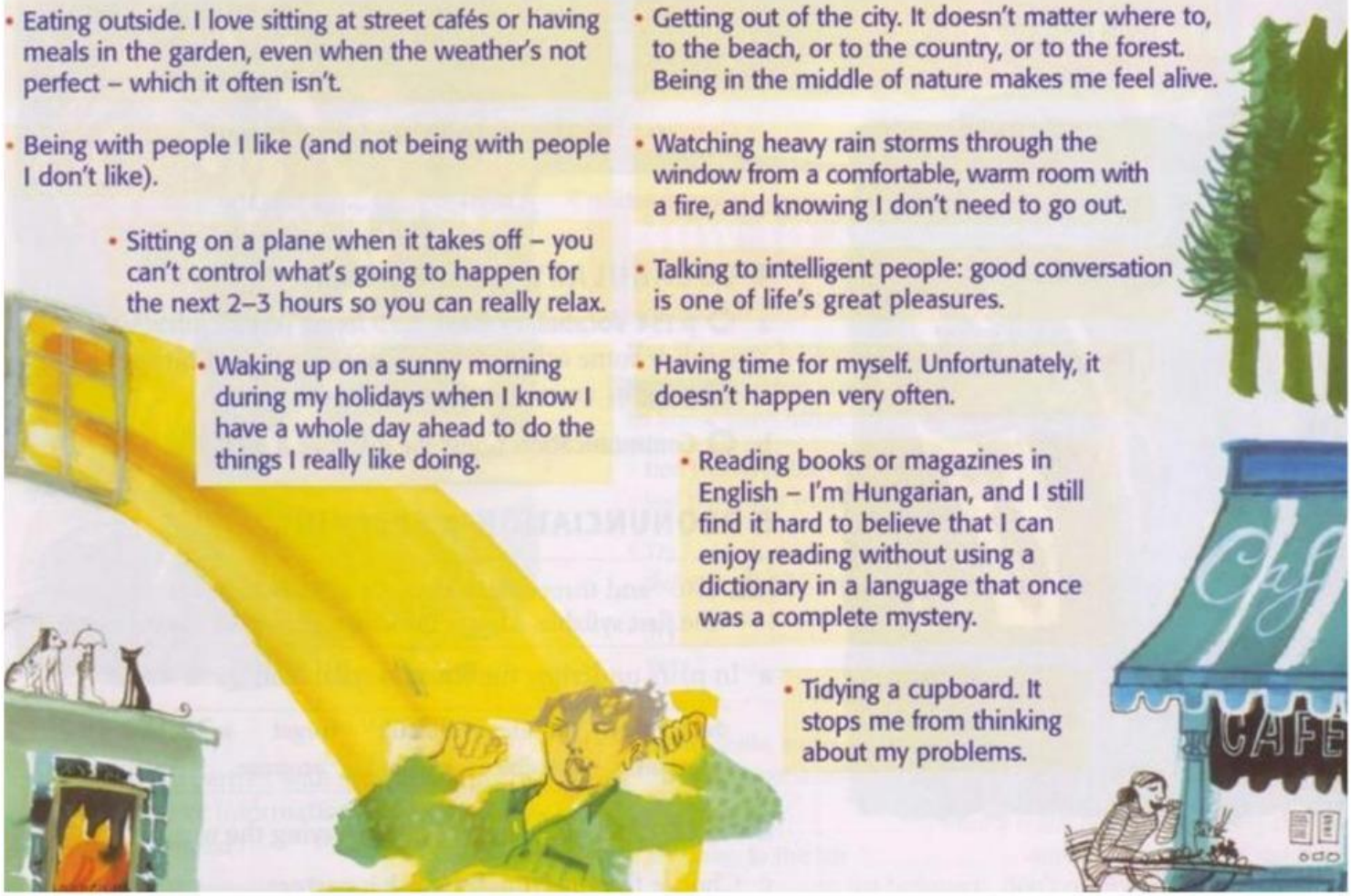
We asked readers from all over the the world to tell us what makes them feel good

- Eating outside. I love sitting at street cafés or having meals in the garden, even when the weather's not perfect – which it often isn't.
- Being with people I like (and not being with people I don't like).
- Sitting on a plane when it takes off – you can't control what's going to happen for the next 2–3 hours so you can really relax.
- Waking up on a sunny morning during my holidays when I know I have a whole day ahead to do the things I really like doing.
- Getting out of the city. It doesn't matter where to, to the beach, or to the country, or to the forest. Being in the middle of nature makes me feel alive.
- Watching heavy rain storms through the window from a comfortable, warm room with a fire, and knowing I don't need to go out.
- Talking to intelligent people: good conversation is one of life's great pleasures.
- Having time for myself. Unfortunately, it doesn't happen very often.
- Reading books or magazines in English – I'm Hungarian, and I still find it hard to believe that I can enjoy reading without using a dictionary in a language that once was a complete mystery.
- Tidying a cupboard. It stops me from thinking about my problems.



3 PRONUNCIATION *-ing*

a **5.3** Listen and repeat the sound picture and the words.



thing bring wrong language
sitting watching thanks think

b **p.159 Sound Bank.** Look at the typical spellings for this sound.

⚠ When we add *-ing* /ɪŋ/ to a verb, the pronunciation of the original verb doesn't change.
do /duː/ → *doing* /ˈduːwɪŋ/
forget → *forgetting*

c **5.4** Listen and say the *-ing* form of the verbs you hear.

LIVEWORKSHEETS

4 VOCABULARY & SPEAKING

a p.154 **Vocabulary Bank** *Verb forms* (Verb + *-ing*). Look at other verbs which are followed by the *-ing* form.

b Work in pairs. Choose five things to talk about from the list below.

a job you **don't mind** doing in the house
a sport you **enjoy** watching
something you **like** doing with your family
something you **love** doing in the summer
something you **hate** doing at work / school
something you **spend** a lot of time doing
somebody you **dream of** meeting
something you **don't like** doing alone
a country you are **interested in** visiting
something you are **thinking of** doing this weekend
something you have **stopped** doing
something you are not very **good at** doing

c A tell B about the five things. Say why. B ask for more information. Then swap roles.

I don't mind cooking. It's quite relaxing.

Do you cook every day?

LIVEWORKSHEETS

5 LISTENING



a Ask and answer these questions in pairs.

Do you ever sing…?
in the shower
in the car
at karaoke bars
while you're listening to a CD
in a choir /kwaɪə/ or a band

b In pairs, say if you think sentences 1–7 are T (true) or F (false).

1 Singing is good for your health.
2 To sing well you need to learn to breathe correctly.
3 People who sing are fatter than people who don't.
4 Not everybody can learn to sing.
5 You need to know how to read music to be able to sing well.
6 If you make a surprised face, you can sing high notes better.
7 It takes a long time to learn to sing better.

c 5.5 Now listen to an interview with the director of a singing school and a student who did a course there. Were you right?

d Listen again. Choose the right answer.

1 When you are learning to sing you need to _____ correctly.
a stand **b** dress **c** eat

2 Singing well is 95% _____.
a repeating **b** listening **c** breathing

3 Gemma's course lasted _____.
a one day **b** one week **c** one month

4 Gemma has always _____.
a been good at singing **b** been in a choir **c** liked singing

5 In the morning the students learnt to _____.
a breathe and sing **b** listen and breathe **c** listen and sing

6 At the end of the afternoon they could sing _____.
a perfectly **b** much better **c** a bit better

LIVEWORKSHEETS

7B COMMUNICATIVE Find someone who...

Find someone who answers 'yes' to your questions. Then ask for some more information.







Talk about someone who:	Name	More info
1 likes getting up early.		
2 is afraid of flying.		
3 doesn't mind waiting for people who are late.		
4 hated going to school when they were younger.		
5 enjoys reading in bed.		
6 is good at cooking.		
7 has started doing a new activity recently.		
8 thinks doing exercise is boring.		
9 spends more than an hour walking every day.		
10 has stopped doing an activity recently.		
11 enjoys being alone.		
12 has felt like doing a dangerous sport.		
13 thinks playing computer games teaches you something.		
14 liked eating fruit and vegetables as a child.		
15 is thinking of getting a new haircut soon.		

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LIVEWORKSHEETS