LISTENING PRACTICE
Health • Lifestyle • Wellbeing

EXAM TIP:
1. Look at the pictures before you listen.
2. Predict the keywords for each picture.
3. Watch out for distractors!

1. Match the keywords to the picture groups.

Choose the correct group for each item.

1) broken toe / injured ankle / cut finger → ⌄
2) cafe on the main street / picnic by the lake / usual cafe → ⌄
3) running in the forest / along the river / across farm fields → ⌄
4) eating chocolate / drinking cola / drinking coffee → ⌄

2. Exam Practice. Choose A, B or C.

Listen to the audio track and choose the correct picture.

1. **Where did the girl go to sleep?**





☐ A ☐ B ☐ C

2. **Why does the girl need to see a doctor?**





☐ A ☐ B ☐ C

3. **Where do the friends decide to eat today?**





☐ A ☐ B ☐ C

4. **What should the woman do now?**





☐ A ☐ B ☐ C

5. Real-Life Communication

Imagine your friend calls you after school and says:
"I feel super tired today and my ankle hurts a little bit after PE class."
Give your friend two practical pieces of advice.
Write 20–30 words.

5. **Where will they go for a run this afternoon?**





☐ A ☐ B ☐ C

6. **Why does the girl think her heart is beating fast?**





☐ A ☐ B ☐ C

7. **What has the boy done today?**





☐ A ☐ B ☐ C

3. Complete the missing words.

Listen again to dialogues 2 & 6 and fill in the gaps.

1) I cut my finger on a knife, but it's nothing much... I injured my _____ during break. It really hurts!

2) I haven't had breakfast yet, so it isn't because of drinking coffee... You did have a lot of _____ at that party though!

4. SEL Focus: Body Awareness & Healthy Balance

Choose 2 healthy responses (or write your own).

Situation: **You have been studying for 3 hours straight. Your head is aching, and you feel exhausted.**

- ☐ A) Drink 2 energy drinks/cola and continue studying.
- ☐ B) Go for a short 15-minute walk or stretch outside.
- ☐ C) Ignore the headache and scroll social media.
- ☐ D) Drink a glass of water, rest your eyes.

When I feel tired or stressed, I usually _____

because it helps me to _____

6. Self-Assessment

Tick the statements you agree with.

- ☐ I can understand key details in short listening tasks (A2+/B1 exam style).
- ☐ I can identify distractors in listening exercises.
- ☐ I can express how to take care of my physical wellbeing in English.

LIVEWORKSHEETS