

## Extreme Sports

### MATCH THE WORDS WITH THE PICTURES



#### EXTREME SPORTS

1. white water rafting -----
2. tubing -----
3. hiking -----
4. canyoning -----

### READ THE FOLLOWING REVIEW ABOUT SMILING AND ANSWER THE SENTENCES TRUE OR FALSE.

#### Smiling: an international language

Have you ever thought of the value of a smile? It is free to give and can change the mood of the person who receives it. Everyone can do it, even little babies. It connects us with other humans, no matter what language we speak. Beyond being able to make connections with other humans, do you know that establishing a habit of smiling on a regular basis also has wonderful health benefits? Studies have shown that even if you are not having a good day, smiling can boost your mood. It's because the physical act of smiling sends signals to your brain that you are actually happy. Smiling also reduces stress levels because it releases chemicals called endorphins.

- a. If you and a friend speak different languages, you can still communicate through a smile. ( ----- )
- b. If you are not having a good day, smiling does not help. ( ----- )
- c. Your stress level increases if you smile. ( ----- )

**FIND THE WORDS BELOW IN THE WORD SEARCH TABLE.**

## Ecuador

M Q N A R E D N A B T H R V Z E Y U A E S G E V  
A B H O L S R A I K I X I H Q A J N R C G I K B  
I W Y R O H M U A T D M A N A B K G U U N B L K  
N R F Q D Z C B Q F U A O U W S W R E A I C I B  
P U Z M V F H X J Q I D P K M S V Z F D J D U Z  
A N V L X O Q U I T O P Y V H F K A E O W Z Q S  
M T X J I U K K E W X R F P E N A B B R P I A B  
O T Z S N A Y E E S Y Y R S V N J A S S T J Y D  
R W P E E U G T P F P V A D O P G B D D L X A D  
U Q Q T W Y S K N Y W J J V N S A H P E L P U X  
D F R R S B E V P R U K W K U H B Z V C Y U G Z  
E P Z S U Q H H T J B J U Z L Z Q F J T A E D L  
L L G M J L S W D B P W W M O C J M B P C B N H  
C P R Y N Q O R A A Z O E M S J C X R F N I Z F  
Q I F Z S Q G A L A P A G O S G Z G F B E S I Z  
R I F T L C F C J Y Q A Y M S I V C O E U P J K  
T B D J Y W Q P P V L O Q R L L M H C T C L Z I  
F X F U Y J Y Q M G S C Y M A C U I D T I N M G  
C H I M B O R A Z O D U H S W B D W A P S H S X  
E F A V A J E X R V O O Y U S J X P P P P D T C  
L F M L Q Q U C G J D B O P A N E W L X N V P N  
Q M V X K H U J W Q Y S U D A M E R I C A M V W  
T C I M P Z U B X W S L E C F B C F K S D U H M  
N N Z C X X D E B I P S L T Y U B A B K N F C D

Sudamerica	Quito	Napo	Manab
Guayaquil	Galapagos	Ecuador	Cuenca
Chimborazo	Bandera		

**READ THE FOLLOWING TEXT AND CHOOSE WITH A CHECK ( ✓ ) THE CORRECT STATEMENTS**

### Ecuador

The official name of our country is the Republic of Ecuador. It is the second smallest country in South America, with 256,370 square kilometers. Due to its position on the equator, our country has incredible biodiversity and wonderful landscapes. The official language is Spanish. Quichua is spoken by many indigenous nationalities. About ten other native languages are also official in their communities. According to the law, all indigenous languages in Ecuador must be respected and preserved. Ecuador uses the United States Dollar as its currency. The capital city is Quito.

- a. Ecuador is the second smallest country in South America. -----
- b. We have great biodiversity because we are on the equator. -----
- c. About 10 languages are spoken in our country. -----
- d. Approximately 24.1% of indigenous people live in the Amazonia. -----
- e. There are about 1.1 million indigenous people in Ecuador. -----