

Name : _____ Class _____ No _____

Laughing Out Loud

A: Choose the best answer.

- When we laugh, we use 15 different _____ in our face.
 - brain
 - heartbeat
 - muscles
 - blood pressure
- "movement of the blood around the body" refer to _____.
 - heartbeat
 - organ
 - relaxation
 - circulation
- What does this word "blood pressure" mean?
 - the action of the heart
 - measurement of the force of blood moving around the body
 - movement of the blood around the body
 - the organ in the head used for thinking
- Forty- five minutes of _____ is the same as one minute of laughter.
 - heartbeat
 - organ
 - relaxation
 - circulation
- What does "a painkiller" mean?
 - a medicine that stop pain
 - a medicine that help your body is stronger.
 - a medicine that for movement of the blood around the body
 - a medicine is the same as vitamin
- Which sentence is correct about when we laugh?
 - We breath quickly and exercise the face, shoulder and chest.
 - Our blood pressure goes down.
 - Our circulation gets better.
 - All correct.
- When we laugh, our brain makes a natural painkiller called _____.
 - a beta- oxidation
 - a beta - endorphin
 - a beta - carotene
 - a beta L- carnitine
- Which of the following is not true about the laughter clubs?
 - The laughter clubs started in India.
 - The laughter clubs in India are more than 450 laughter clubs.
 - People go to the laughter clubs once a day for 20 minutes.
 - Many people pay a lot of money to join a laughter club.
- Which of the following is relaxation for most people?
 - working
 - studying
 - watching TV.
 - eating
- Which of these activities give you a faster heartbeat?
 - exercising
 - sleeping
 - shopping
 - reading

B: Write the adverbs.

Adjectives	Adverbs
1. simple	
2. noisy	
3. good	
4. fast	
5. playful	

C. Choose the right word (adjective or adverb)

1. Tom is an **excellent** / **excellently** football player.
2. Peter is very **sadly** / **sad**.
3. The children are singing **happy** / **happily**.
4. Mike can run very **fastly** / **fast**.
5. She understands English **perfect** / **perfectly**.
6. Belinda smiles **nice** / **nicely**.
7. Bob will be **famous** / **famously** basketball player in the future.
8. Fiona has got such a **sweet** / **sweetly** cat.
9. Please write your text **careful** / **carefully**.
10. Claudia always dresses **beautiful** / **beautifully**.
