

**Read the text and fill in the gaps with the proper grammatical form of the capitalized words.**

### **Surfing**

Imagine you're high in the air, the water is spraying your face, the wind is blowing your hair, and you're riding a big wave. Then... crash, you're down! It's the joy of surfing, one of the 1. \_\_\_\_\_ sports. **THRILL**

Nowadays surfing 2. \_\_\_\_\_ by surfers **ENJOY** wherever there are waves, in Bali, Australia, Japan, France, the USA and even Britain.

For me, surfing is a way to fight all stress. It really takes 3. \_\_\_\_\_ mind off things. **YOU** Sure it's hard, but once you're on the board, you're on for the ride. I 4. \_\_\_\_\_ **FALL** in love with surfing the moment I got on that board, which was hard to do. The 5. \_\_\_\_\_ time I tried to surf, I couldn't **ONE** even sit on the board like all the other surfers while they waited for a wave. I thought once I got on, the rest 6. \_\_\_\_\_ **BE** easy, but was I wrong.

A four-foot wave came my way and before I knew it, I was on the sand on my board. I became frustrated and told 7. \_\_\_\_\_ I would not leave the beach !

until I was riding a wave! Hours later I rode one in. Unfortunately, my board 8. \_\_\_\_\_ into another surfer's board! **RUN** I'm still practicing. But you always have 9. \_\_\_\_\_, if you want to learn how to **REMEMBER** surf, be patient – and watch where you're going.

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### Swimming with Dolphins

Researchers from England's Leicester University tested the effect of swimming sessions with dolphins on depressed people.

All the volunteers who took part in the trial stopped 1. \_\_\_\_\_ antidepressants **TAKE** or any other treatment at least four weeks beforehand.

They 2. \_\_\_\_\_ into two groups. Half the volunteers swam and snorkelled around dolphins for one hour a day over a two-week period. The 3. \_\_\_\_\_ half took 4. \_\_\_\_\_ part in the same activities, but without dolphins around.

Two weeks later, both groups showed improved mental health, but 4. \_\_\_\_\_ who swam with the dolphins still had better results. They said they felt much 5. \_\_\_\_\_ and less worried. Playing in the water



with the dolphins 6. \_\_\_\_\_ to falling of **LEAD** depression symptoms in the patients.

And the effect was achieved quicker than in other traditional 7. \_\_\_\_\_.

**THERAPY**

Professor Michael Reveley said: "We are part of the natural world, and interacting with it can have a beneficial effect on 8. \_\_\_\_\_."

**WE**

Today, dolphin-assisted therapy (DAT) already 9. \_\_\_\_\_ increasingly popular.

**BECOME**

The therapy typically occurs in marine parks and dolphinariums as part of programmes that allow people to swim with dolphins.