

**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 wherever there are waves, in Bali, Australia, Japan, France, the USA and even Britain.

**ENJOY**

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. \_\_\_\_\_** easy, but was I wrong.

**BE**

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 surf, be patient – and watch where you're going.

**REMEMBER**

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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 **DIVIDE** volunteers swam and snorkelled around dolphins for one hour a day over a two-week period. The 3. \_\_\_\_\_ half took **TWO** part in the same activities, but without dolphins around.

Two weeks later, both groups showed improved mental health, but 4. \_\_\_\_\_ who **THAT** swam with the dolphins still had better results. They said they felt much 5. \_\_\_\_\_ **HAPPY** 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.