Audio:
https://drive.google.com/file/d/1g9zsR8I8koQbof2BPZMUig8c7K21eY_I/view?usp=sharing

ĐIỀN ONLY ONE WORD

Listen to an expert giving tips on how we can slow down our lives. Complete the sentences with the correct word.

Example: You should get up *ten* minutes earlier every day.

1 As you start your day, remember that you shouldn't have your breakfast _____ up.

2 Remember that doing something like yoga is much less stressful than going to the _____.

3 These days many people have forgotten how to _____.

4 Spending ten minutes a day in complete silence will help you think more clearly and be good for your _____.

5 Having a bath is much more _____ than having a shower and it can help to slow your mind and body down.

LIVEWORKSHEETS