Read the text below. Match choices (A—H) to (1—5). There are three choices you don't need to use.

How to Enjoy Spring

As winter bids farewell and the days start warming and brightening, it's possible to start feeling your mood improve, as you're less weighed down by the cold and dreary days of winter.

1. _____

The beginning of spring is the best time to plan how you'll enjoy the rest of spring. Whether it's gardening, learning something new, having a makeover, organizing renovations, or another activity suited to a season of renewal, planning for it will help you to make the most of the spring months. Spring is the ideal time to set the pace for the coming warm months, including any transitions or transformations you're hoping to make. If you want to take a summer vacation, start planning for it now if you haven't already started.

2. _____

This age-old tradition of getting rid of the cobwebs of winter will give your house a fresh beginning for the warmer months ahead and make the house and surrounds more inviting and enjoyable for you and your family and friends. Check that you have all the supplies you'll need. Look closely at brooms, brushes, mops, and sponges to see if they're still in good condition or whether it's time to replace them.

3. _____

This is a good time to sit back and assess the strengths and weaknesses of your current living space and to reach a decision about whether or not it could be improved through a change in styles or additions through decorations. It doesn't have to mean the entire house. Perhaps sprucing up your bedroom or your living area will be enough of a new direction for you and/or the family this year.

4. _____

As well as taking care of your house, car, and garden, consider your health. Winter is a time of eating more than during the rest of the year and if you've slipped into eating habits that aren't as healthy as they could be, Spring is the time to mend your ways and to begin eating healthy, fresh foods again. Improve your nutrition intake and feel that you are better again and ready to move mountains. Improve your sleeping schedule. If you've been getting into poor sleeping habits over winter, spring is a good time to fix your sleep schedule to restore your liveliness.

5. _____

Yes, you're doing yardwork and taking walks, but make the most of this time of year -- not too cold, not too hot. Dust off the bicycle and start seeing your neighborhood again from two wheels. Gather some friends and spend the day biking. If you want to explore, bring a phone with a GPS installed in it. You can discover some secret places, and get back home on time! Take the kids down to the local park or reserve with some balls, rackets, kites, and a picnic basket. Check out the festivals in your area. There are many festivals and other community events held during springtime, including perhaps cherry blossom or tulip festivals.

LIVEWORKSHEETS

A **Schedule an appointment with your doctor**

B **Spring clean**

C **Get active**

D **Consider renovation**

E **'Under construction' period**

F **Rejuvenate your energy levels**

G **Write down your intentions**

H **Travel abroad**



LIVEWORKSHEETS