

Listen to the conversation and do the exercises to practise and improve your listening skills.

Preparation: matching

Match the opposite adjectives and write a–f next to the numbers 1–6.

- | | |
|------------------|----------------|
| 1..... good | a. unlucky |
| 2..... lucky | b. untidy |
| 3..... always | c. noisy |
| 4..... quiet | d. bad |
| 5..... clear | e. unimportant |
| 6..... important | f. never |

1. Check your understanding: multiple choice

Circle the best answer to these questions.

- Ben ...
 - doesn't study
 - studies and does well.
 - studies and doesn't do well.
- Ben usually studies ...
 - in the library.
 - at home.
 - in his friend's house.
- On Ben's desk there are ...
 - papers, books and pens.
 - pencils, books and pens..
 - a pencil case and pens.
- Katy ...
 - has a break for thirty minutes.
 - exercises for thirty minutes.
 - studies for thirty minutes.
- When Ben studies ...
 - he doesn't take breaks.
 - he has a break for two or three hours.
 - he has two or three breaks each hour.

2. Check your understanding: grouping

Write the ideas in the correct group.

- | | | | |
|---|------------------------------|---|---|
| a. Study for two or three hours without a break | b. Get up and move your body | c. Stay in your chair when you take a break | d. Have lots of papers and books on your desk |
| e. Play loud music while you study | f. Take lots of breaks | g. Have a clear desk | h. Study in a quiet place |

Good ideas	Bad ideas

3. Check your vocabulary: gap fill

Complete the sentences with a word from the box.

good	body	quiet
three	legs	marks

- You always get good _____ at school!
- I always do _____ things. Do you want to know them?
- I usually study in my bedroom. It's very _____.
- I move my arms and _____ and drink some water.
- It's important to get up and move your _____.
- Next time I think I can get _____ marks!