

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.

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

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