13 Touch

A Ways of touching



1 She **squeezed** the bottle.



2 I **tapped** him on the shoulder.



3 He **grabbed** my bag.



4 She **pinched** my arm.



5 He **punched** him.



6 The cat **scratched** me.



7 They **hugged** each other.



8 She **slapped** his face.



9 She **rubbed** the suntan lotion on.

SPOTLIGHT verbs and nouns

Some of these verbs can be used as nouns with the same meaning.

- *She **gave** him **a punch/slap** on the arm.*
- *He **gave** her hand a **squeeze**.*
- ***Give** him a **tap** on the shoulder.*
- *I **got** a **scratch** on the car.*

1 Can you do this with one finger? Write *Yes* or *No*.

1 hug someone .....
2 rub someone/something .....
3 grab something .....
4 pinch someone .....
5 scratch someone .....
6 tap someone on the shoulder .....
7 slap someone .....
8 punch something .....

2 Answer the questions. Write *Yes* or *No*.

1 If you punch someone, do they usually laugh? .....
2 If you hug someone, are you trying to hurt them? .....
3 If you tap someone on the shoulder, are you trying to get their attention? .....
4 If you scratch your car, are you happy about it? .....
5 If you grab something, do you do it quickly? .....
6 If you pinch someone, is it nice? .....
7 If you slap someone, does it often hurt? .....
8 Can you squeeze a bottle of milk? .....

3 Complete the sentences.

1 He ..... her hand until it started to hurt.
2 Someone ..... me a ..... on the shoulder, so I turned round.
3 The youth ..... the woman's purse and ran off down the road.
4 When Sam left for his trip, he said goodbye to his wife and ..... her a .....
5 People were horrified when the mother ..... the child round the face.
6 Oliver ..... his hands to keep warm.
7 The man ..... Joe in the stomach, and he dropped to the floor.
8 Don't ..... your mosquito bites – they'll start to bleed.

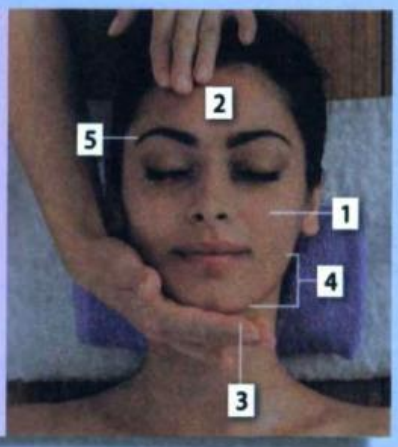
TEST YOURSELF

LIVEWORKSHEETS

B Massage

A Simple Face **Massage**

1 Start by **gently stroking** the whole face. With both hands, **slide** up the neck, across the **cheeks**[1], then up and over the **forehead**[2]. **Apply** gentle **pressure to** the sides of the head.
2 **Stimulate** the skin by gently **patting** the cheeks and neck.
3 Use your **fingertips**[3] to **lightly massage** the skin around the **jaw**[4].
4 To **release tension** around the eyes, **firmly** press down on the **eyebrows**[5] with your fingertips.
5 Massage the **scalp vigorously** as if shampooing your hair.



GLOSSARY

massage	*(see picture)*: ***have a massage***; **massage** *v*
stroke	move your hand over sb's skin, hair, etc. gently and slowly
slide	move or make sth move smoothly along a surface
apply pressure (to sth)	press on sth hard with your hand, foot, etc.
stimulate	make a part of the body or skin more active
pat	touch sb/sth gently a number of times with a flat hand or both hands
tension	You have **tension** if your muscles are tight and not relaxed and you need to **release** (= free) the tension.
scalp	the skin that covers the part of the head where the hair grows

SPOTLIGHT adverbs of manner

Gently and **lightly** are soft, relaxed movements. **Firmly** is much stronger. If you move your hands **steadily**, you make regular movements. **Vigorously** means in a very energetic and active way. **energetically**.

4 Are these actions usually gentle, or can they be quite vigorous?

stroke massage slide apply pressure pat stimulate

GENTLE: _____

USUALLY VIGOROUS: _____

5 Cover the text and look at the face. What does each number identify?

1 _____ 3 _____ 5 _____

2 _____ 4 _____

6 Complete the sentences.

1 I often _____ my forehead, cheeks and neck: it stimulates the skin.
2 I love going to have a _____ – it's so relaxing.
3 She sat quietly, gently _____ the cat.
4 The physio just used his fingertips to apply _____ to the back of my neck.
5 When the hairdresser washes my hair, he massages my _____ quite _____.
6 The doctor _____ pressure to the wound to stop the bleeding.
7 Don't use the whole of your fingers for massage, just the _____.
8 I think a massage is one of the best ways to release _____ in your body.
9 Massage and exercise help to _____ blood circulation in the body.
10 The doors _____ open automatically as you approach.
11 I tapped him _____ on the shoulder to get his attention.
12 I pressed the button _____ but still nothing happened.

TEST YOURSELF

LIVEWORKSHEETS