

# 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           | ..... | 5 scratch someone             | ..... |
| 2 rub someone/something | ..... | 6 tap someone on the shoulder | ..... |
| 3 grab something        | ..... | 7 slap someone                | ..... |
| 4 pinch 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.



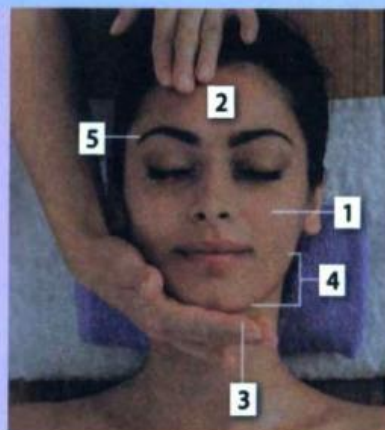
### TEST YOURSELF



## B Massage

### A Simple Face Massage

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



#### GLOSSARY

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