1 Time

1.1 Do you live in the past, present or future?

GOALS ☐ Talk about your daily life ☐ Ask questions

Vocabulary & Speaking daily life

1 Which sentence below best describes your life? Why? Compare your answers with a partner.

1 My life is too busy. I need more time.
2 I'm quite busy, but I have time to do everything I want.
3 I have too much time and not enough things to do.

2a Work with a partner. Match the verbs to the nouns and noun phrases.

spend do (x5) stay make (x2)	some exercise housework time with relatives the shopping in for the evening future plans a to-do list some work homework
eat have (x5) go (x3) chat	an early night to bed late fun a good time a family meal a lie-in healthy food on a trip with friends online shopping

b 1.1 Listen and check your answers.

c 1.2 Listen and repeat the phrases.

3 Tell your partner about things you would like to do, things you need to do and things you don't need to do this weekend. Use the vocabulary from exercise 2a.

Grammar & Speaking question forms

4 The article and questionnaire are from a psychology magazine website. Read the article and find one positive and one negative thing about each type of person – past, present and future.

5 Choose two activities from exercise 2a which are typical for each of the three types of people. Compare your ideas with a partner.

future type → make a to-do list

Psychology

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The secret powers of time

Do you often think about the past? Can you enjoy the present time, or do you worry about the future? The psychologist Professor Philip Zimbardo describes three types of people: past, present and future people.



What time type are you?

Past types

You enjoy remembering the past and sometimes you miss 'the good old days'. You worry about making changes or trying new things. You spend a lot of time with your family.

Present types

The most important thing is to feel good now. You like doing fun things with fun people. You don't have a healthy lifestyle. You avoid doing difficult or boring things.

Future types

You spend most of your time working, saving and planning for a better future. You eat well and exercise regularly. You can say 'no' to immediate pleasures. You don't mind waiting for the good things in life. Future people are usually more successful in work and study. But they often don't enjoy their free time because they are busy thinking about the next thing.

According to Zimbardo's research, most people are mainly a past, present or future type, although everybody is sometimes the other types. Ideally, we should try to have an equal balance of all three to be happy and successful, and to have good relationships.

Take the test

LIVEWORKSHEETS

6a Work with a partner. Do the questionnaire together and make a note of your partner's answers.

b Read the results of the questionnaire. Who is more past-focused, you or your partner? Do you agree with the results?



How past-focused are you?

1 How often do you look at old photos or videos?
- a often
- b sometimes
- c never

2 Who do you prefer to spend time with?
- a friends I met a long time ago
- b new friends
- c both old and new friends

3 Are you interested in your parents'/ grandparents' stories about the old days?
- a yes, very interested
- b quite interested
- c no, not at all

4 Do you enjoy family events, like birthday parties?
- a I love them
- b they're OK
- c not really

5 Where do you go for your summer holiday?
- a the same place every year
- b a different place every year

6 When did you last see your older relatives?
- a very recently
- b quite recently
- c a long time ago

Results

If you have 3–6 'a' answers, you're very past-focused. If you have 0–2 'a' answers, you're not very past-focused.

7 Look at the word order of questions in the Grammar focus box, then choose the correct option to complete the rules.

GRAMMAR FOCUS question forms

Questions with *do* and *did*

Question word	Auxiliary	Subject	Main verb
	Do	you	enjoy family events?
When	did	you	(last) see your older relatives?
Who	do	you	spend time with?

Questions with *be*

Question word	*be*	Subject	Adjective/Noun/Verb
	Are	you	interested in your parents' stories?
Who	is	your	favourite relative?

- We put auxiliaries (*do/does/did*) [1] **before** / **after** the subject.
- We put the verb *be* (*am/is/are/was/were*) [2] **before** / **after** the subject.
- We put prepositions (e.g. *to, with*) at the [3] **beginning** / **end** of the question.

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8 Match the question words and answers.

1 How much ...?	a every day
2 How often ...?	b $30
3 How many ...?	c action films
4 What kind ...?	d six o'clock
5 What time ...?	e five

9a Put the words in the right order to make questions.

1 do / live / who / you / with ?
2 music / you / what / to / listen / do / kind of ?
3 you / for / appointments / how often / are / late ?
4 museums / enjoy / do / going / you / to ?
5 to / did / what / last night / time / go / you / bed ?
6 you / are / today / tired ?
7 spend / how much / on Facebook / do / you / time ?
8 have / fun / when / you / did / last ?

b 1.3 Listen and check your answers. Then ask and answer the questions with a partner.

10a TASK Work with a partner. Write five questions for a questionnaire with the title 'Are you more present-focused or future-focused?' Use different question words and give two or three possible answers. Use the topics below or your own ideas.

How often do you do exercise?
a never b sometimes c often

- to-do lists?
- healthy lifestyle?
- keep fit?
- late for appointments?
- go to the dentist?
- stay out until late?
- save money?
- plan things in advance?
- have a good time

b Work with another pair and answer both quizzes. Who is the most present-focused and future-focused?

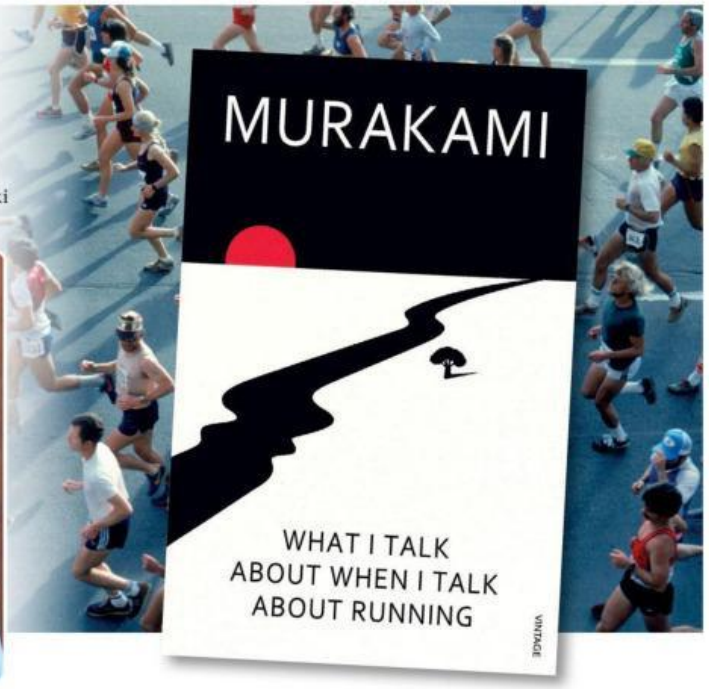
VOX POPS VIDEO 1

LIVEWORKSHEETS

1.2 Free time

GOALS ☐ Talk about how often you do things ☐ Talk about your free time

Grammar & Speaking present simple and adverbs of frequency



1 Work with a partner and discuss the questions.

1 Do you ever go running? Why/Why not?
2 Why do you think some people enjoy running?
3 Look at the photos. Do you know the author Haruki Murakami? Would you like to read the book?


Haruki Murakami

2a You are going to listen to a review of the book in the photo. Before you listen, write questions using the prompts.

1 why / Murakami / run ?
2 how often / he / go running ?
3 how many miles / he / run / every week ?
4 he / do / any other sports ?

b 1.4 Listen and answer the questions in exercise **2a**.

3 1.4 Listen again and complete the sentences with an adverb or frequency expression from the box.

most days sometimes usually never often
occasionally nearly always

a It is _____ about getting better at something.
b He's _____ worried about beating other people.
c He runs _____.
d He _____ thinks about the weather.
e He _____ gets an idea for a book.
f He doesn't _____ think about anything.
g He _____ listens to rock music.

4 Work with a partner. Add the adverbs and frequency expressions from exercise **3** and the ones in the box to the table. Which ones have similar meanings?

every now and then rarely hardly ever
once or twice a day/week/month, etc.

100%	1 always		
	2	3	
	4		
	5		
	6		
	7	8	9 occasionally
	10	11	
0%	12		

5 Look at the sentences in exercise **3.** Choose the correct option to complete the rules in the Grammar focus box.

LIVEWORKSHEETS

GRAMMAR FOCUS present simple and adverbs of frequency/frequency expressions

- We use adverbs of frequency and frequency expressions to talk about how often we do things.
- An adverb of frequency usually goes [1] **after** / **before** the main verb.
  He nearly always listens to rock music.
- An adverb of frequency usually goes [2] **after** / **before** the verb *to be*.
  He's never worried about beating other people.
- An adverb of frequency usually goes [3] **after** / **before** the auxiliary verb (*do/does*) in negative sentences.
  He doesn't usually think about anything.
- Frequency expressions can go at the beginning or end of a sentence.
  He runs most days.

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PRONUNCIATION stress

6a **1.5** Listen to these sentences and notice which words and parts of words are stressed.

1 He **some**times **thinks** about the **wea**ther.
2 **Once** or **twice** a **year** he does a tri**ath**lon.
3 It is **often** about getting **bet**ter at **some**thing.

b **1.6** Listen again and repeat the sentences.

7 Put the adverbs of frequency or frequency expressions in the correct place in the sentences. Some can go in more than one place.

We spend time with relatives. (occasionally) →
We occasionally spend time with relatives.

1 We spend time with relatives. (occasionally)
2 My best friend does some exercise. (most days)
3 We watch films. (hardly ever)
4 My family go out for a meal. (once or twice a week)
5 I'm in bed by 11 p.m. (nearly always)
6 We don't go abroad on holiday. (usually)
7 I chat with friends online. (every now and then)
8 I have a lie-in at the weekend. (rarely)

8a Rewrite the sentences in exercise **7** to make them true for you.

b Work with a partner. Ask each other questions to find out more information.

A *We hardly ever spend time with relatives.*
B *Oh? Why not?*
A *Because they live too far away.*

Vocabulary & Speaking free-time activities



9a Work with a partner and put the sports and free-time activities into the correct group.

out for a coffee/meal football computer games karate camping swimming on Facebook exercise to the gym for a walk running ~~yoga~~ chess ~~clubbing~~ cards aerobics ~~golf~~ basketball

a play *golf*
b do *yoga*
c go *clubbing*

b Label the photos with phrases from exercise **9a**.

c Can you add any more words to each group above?

10 Find two examples from exercise **9a** of activities that ... .

1 you usually do on your own
2 you usually do with other people
3 people do outdoors
4 people do indoors
5 you do when you are feeling lazy
6 you do when you are feeling full of energy

11a TASK Work in a group. Ask each other questions about some of the free-time activities in exercise **9a** and make a note of the answers.

How often do you go running?

b Tell the class what you found out. Who spends a lot of time doing one sport or activity in their free time and who doesn't?

Haiyan goes running most days.
Mehmet never goes running, but he plays chess once or twice a week and is a member of a chess club.

LIVEWORKSHEETS