LISTENING

1 Complete the quiz. Are the sentences true (T) or false (F)?

Test your knowledge with our quick quiz.

Does doing good do you good?

1. Talking over someone's problems with them makes you feel more stressed. ..... T / F
2. Doing a good deed once a week makes you feel happier. ..... T / F
3. Being kind to others helps you feel more confident. ..... T / F
4. Doing good deeds can make your body healthier. ..... T / F
5. Volunteering regularly can help you live longer. ..... T / F

2 Video Watch the video and check your answers to the quiz.

3 Read the *Video focus*. How do you say the words in bold in your language?

Video FOCUS

Before you join a video call, remember these tips:

1 Ask people around you not to **disturb** you.
2 Make sure the room you are in is not too light or dark.
3 Think about what other callers will see through your camera.
4 Learn how to switch your camera and **microphone** on and off.
5 Learn how to control digital **backgrounds** and other special effects.
6 **Mute** your other **devices** during the call.

4 Video Watch again. Which tips from the *Video focus* didn't Professor Perkins follow?

_____ _____

5 Video Complete the extracts from the video with the correct form of the phrasal verbs in the box. Then watch again and check.

find out	go away	look after	look at
pick up	take part in	talk over	turn off
turn on	work out		

1 This week, we're going to _____ how doing good is good for us.
2 Professor Perkins, we can't hear you. Please _____ your microphone.
3 When we help a friend _____ their problems, for example, we also feel less stressed.
4 It's very bright, Professor Perkins. Could you _____ the light?
5 After we do something kind, such as _____ the neighbour's cat, or _____ some litter, we get a nice positive feeling.
6 Another study _____ 11–14-year-olds who regularly help others.
7 Oh no! What happened? How do I make that _____?
8 The researchers tested the helpers' blood and found that they were healthier than other students who didn't _____ the research.
9 American scientists also _____ that people who regularly volunteer have a better chance of living longer. This is because volunteering reduces stress.

6 Complete the sentences with the correct form of the phrasal verbs from exercise 5. Use one of the phrasal verbs twice.

1 If you can't _____ the meaning of a new word, look in a dictionary to _____ what it means.
2 Ask the doctor to _____ your knee. She'll probably give you some medicine to make the pain _____.
3 Please _____ your mobile phone during the exam. Do not _____ your phone until you leave the school building.
4 I need to _____ a problem I have at school. Will you help me _____ what to do?
5 Will you _____ our eco-day this weekend? We're going to _____ litter in the local community.

LIVEWORKSHEETS