



Exercise 1: A good night's sleep. Are the sentences true or false?

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|---|------|-------|
| 1. The guest in the studio is a teacher. | True | False |
| 2. Some people can sleep well with a television on. | True | False |
| 3. It is bad to think a lot before going to bed. | True | False |
| 4. It is good to play video games before bed. | True | False |
| 5. It is good to turn your mobile off when you go to bed. | True | False |
| 6. It is bad to play loud music while you sleep. | True | False |

Exercise 2: Underline the correct words.

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|--|----------------------------|
| 1. Look! There's rubbish all over the park. | path / litter / fountain |
| 2. We had to run to __ the last train. | catch / shout / chase |
| 3. That __ took us across the river in just ten minutes. | plane / ferry / tram |
| 4. She gave her sandwich to the homeless man—so __! | mean / generous / shy |
| 5. I saw a __ boy waving from the playground. | young / old / pretty |
| 6. The gardener is planting tulips and roses. | flowers / bin / fountain |
| 7. Squirrels are climbing up the tall __. | flowers / trees / fountain |
| 8. We flew to Spain by __ last summer. | ferry / bus / plane |
| 9. Let's sit on the __ and have a picnic. | grass / path / litter |

Exercise 3: Circle the correct word

- Gemma is pretty, **and** / **but** miserable.
- Polly is mean **and** / **but** miserable.
- Ted is kind **and** / **but** handsome.
- Helen is old, **and** / **but** generous.
- Bill is generous **and** / **but** friendly.
- Mary is shy, **and** / **but** kind.

Exercise 4: Write WAS, WERE, WASM'T, WEREN'T, A, AN, ANY

Last summer, we visited a quiet village by the sea. There 1. _____ a beautiful beach near our cottage, and there was 2. _____ small café where we had breakfast every morning. There 3. _____ many tourists, so it 4. _____ peaceful and relaxing. One day, we saw 5. _____ old boat by the shore. There 6. _____ also dolphins in the water, but there weren't 7. _____ sharks, thank goodness! At night, there 8. _____ a music festival in the town square. It 9. _____ so much fun!

Exercise 5 : Tick (✓) the correct sentence.

In the café...

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|--|--|
| 1. You must be noisy. <input type="checkbox"/> | You mustn't shout. <input type="checkbox"/> |
| 2. You must eat the food you buy. <input type="checkbox"/> | You mustn't buy anything. <input type="checkbox"/> |

In the hospital...

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|---|---|
| 3. You must be quiet. <input type="checkbox"/> | You mustn't let people rest. <input type="checkbox"/> |
| 4. You must run in the hallways. <input type="checkbox"/> | You mustn't speak loudly. <input type="checkbox"/> |

In the museum...

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|--|---|
| 5. You must touch everything. <input type="checkbox"/> | You mustn't take flash photos. <input type="checkbox"/> |
| 6. You must listen carefully. <input type="checkbox"/> | You mustn't look at the art. <input type="checkbox"/> |

In the zoo...

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|--|--|
| 7. You must feed the animals. <input type="checkbox"/> | You mustn't tease the animals. <input type="checkbox"/> |
| 8. You must throw litter. <input type="checkbox"/> | You must stay behind the fence. <input type="checkbox"/> |

In the swimming pool...

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|--|---|
| 9. You must swim safely. <input type="checkbox"/> | You mustn't wear a swimsuit. <input type="checkbox"/> |
| 10. You must run by the pool. <input type="checkbox"/> | You mustn't push people. <input type="checkbox"/> |

Exercise 6: Match the answers to the correct boxes.

Seven tips for a tidy desk

1. Only keep things you really need on and near your desk.

Use a tray for any papers you have to read. Have a jar for pens and pencils and have a bin near your desk.

2. Don't keep any drinks on your desk.

Go to the kitchen when you want to have a drink or, if you prefer, keep a drink on a small table near your desk.

3. Reduce the amount of paper that you use.

Try to keep as much information as possible in folders on your computer. Before printing a document, ask yourself, 'do I really need to read this on paper?'

4. Scan your notes.

If you have a lot of paper (magazine articles, notes, worksheets, etc.), make digital versions of them.

5. Use your smartphone to take photos of things you need to remember.

For example, take photos of notes to yourself, the name and address of a place you need to visit or diagrams you need to study for school.

6. Get a noticeboard.

If you really do need to keep small bits of paper, use a noticeboard on the wall. Check it every day and throw old notes in the bin.

7. Clean your desk at the end of every day.

Choose a time to tidy your desk and do it! If you do it every day, it will only take five minutes and you can start each new day with a clean and tidy space.

keep pens and pencils in a jar.

leave your desk untidy at the end of the day.

keep a drink on your desk.

use a scanner to make PDFs of magazine pages.

DO

DON'T

print as much information as possible.

check your noticeboard every day.

take photos of things you want to remember.

keep a lot of paper on your desk.