

VOCABULARY

verbs with similar meanings

1 Complete the text with these words.

adapt adjusting made modify re-vamp transformed turning turns



Kick start your day with kindness

I used to be a slob; but that's a thing of the past. I'm a/an ¹ person now! I'm going to ² my diet by shunning all meat products and then completely ³ my cooking repertoire. Some recipes I may just ⁴ by cutting out the meat. I've already ⁵ some sacrifices like ⁶ my salt intake and buying organic. The new me doesn't stop there. I'm ⁷ into a new person. They say kindness makes us feel happier and healthier, and the more the better. I've already changed my daily routine by doing a few good ⁸ , and it feels good.

2 There are seven errors in the text. Find the errors and correct them. The first one has been done for you.

How kindness can change the world

Leon Logothetis has made done a lot of good for people by doing a difference to a lot of people's lives and at times even moving them around.

The former stockbroker has travelled the globe on a vintage yellow motorbike giving people a helping hand and generally making acts of kindness. Leon believes that kindness doesn't have to be materialistic and that doing a hug, giving praise or saying a compliment are acts of kindness than can make a difference.

Leon says that kindness is about showing people that they matter and that we can do this by simply making someone a favour and making someone's day a little bit happier.



Extend

3 Complete the tweets with the correct form of 'do' or 'make'.

#be kind

→ follow

The school library closes at 19.00, but the librarian ¹ an exception for me and let me stay until 19.15.

Someone in the park left a box of tennis balls for dogs to play with today. I

² a double take. I couldn't believe my eyes!

I failed my exams: my mum left me a note saying '³ the best of the rest of the day' and a huge box of chocs. She's a star!

Alice bakes wonderful birthday cakes for her friends. They are delicious and they really ⁴ a mockery of my baking skills.

Chloe is so sweet. We had an argument the other day and then to ⁵ amends she sent me some flowers.

My parents are the BEST. They let me ⁶ my own thing, come and go as I like and they give me no hassle.

4 Find the words / phrases in Ex 3 to match these meanings.

1 look twice at something because you are surprised

2 improve a bad situation

3 exempt someone from a general rule

4 compensate for a bad situation

5 be obviously superior to something else

6 do what you want to do