



## 1. Read and fill in the blanks.

annoyed

positive

interested

relaxed

embarrassed

negative

### Colour therapy

How do you feel when you see the colour red? What about the colour green? Many people believe that colours can affect how we feel. Are you

(1) in finding out how you can use colour therapy to make you feel better? Well, read on ... If you want to feel (2) , choose blue colours for your walls. This colour helps people to feel calm. Avoid strong colours like orange and red because these can make people feel (3)

. Red is the colour of anger. But red is also connected with feeling (4) , because when we blush, our faces become hot and red. Green is a colour that makes people feel (5) . It helps you to feel happy and good about the world. But a colour that can make people feel (6) is black. It promotes sadness and feelings of loneliness.

## 2. Match the two sentence halves.

1. You don't have to buy

a. our phones here. It's not allowed.

2. We mustn't use

b. about his presentation.

3. Luke needn't worry

c. she feels annoyed at her sister.

The students must be

d. on time for the exam.

Maria ought to walk away

e. me a present.

3. Read Holly's diary. Write the nouns in the red boxes and the verbs in the purple and past continuous in the green boxes.

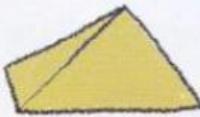
stairs waiter pool bed restaurant cakes head bus

was pulled arrived stayed did had met brought

was crying was hurting was riding were staying

5<sup>th</sup> August

Dear Diary,



This **was** the best day of my school holidays. We **were staying** at a large hotel near the sea in Egypt with another family. The two dads said they wanted to see the country. The mums were very **lazy** and decided to lie in the sun by the **pool** at the hotel and Emma **was** with them. So the two dads, and all the children, including me had an adventure. We **left** on a **bus** very early and started our journey into the desert. We **were** at the pyramids at midday. It was hot and sunny and the air was very warm. We went on a tour inside the great pyramid. We had to climb lots of **stairs** in the dark. I thought it was very exciting!

Near the pyramids we **were** a very friendly man. He had eight camels so we all went on a camel ride. I was a bit frightened and held onto its **head** so I didn't fall. Then, my camel wouldn't move! The man **was** it and pushed it and then it started to walk, very slowly. George **was** his camel very fast when suddenly he fell off. The man helped George but George couldn't stand because his foot **hurt**. George **was** and Dad had to carry him back to the bus.

After the camel ride we were hungry so we went to a **restaurant** and we **were** a meal there. The **waiter** was very kind and **was** us lots of Egyptian food. Harry ate so many **cakes** there! Then it was time to go back. Harry felt really ill on the journey home and when we got back to the hotel he went straight to **bed**! I didn't! Emma and I **were** some Egyptian dancing at the hotel. It was great fun!

#### 4. Write a story about the most emotional moments in your life. (More than 150 words)

1. When did that moment happen?

2. Who was there with you?

3. What happened on that day?

4. How did you feel at that time?