

Grammar**1 Match the sentence halves.**

1 You mustn't _____	5 You'll be _____
2 It can _____	6 He isn't supposed _____
3 You have _____	7 I don't know. He could _____
4 They should _____	8 You don't have _____

A be here soon. It's nearly half past seven.
 B be in the garden or he might be in the park.

C eat that! It will make you sick!

D be difficult to make new friends.

E to have your passport or you can't travel.

F to wait for me. You can leave now.

G able to meet Max tomorrow.

H to eat any sugar because of his illness.

2 Choose the correct alternative. Sometimes both answers are possible.

Miguel Thank you for paying for my coffee! You ¹**didn't need to do / needn't have done** that!

Sami Well, I'm in a good mood. It's my birthday.

Miguel Happy birthday! Wait ... What's today's date?

Sami The 22nd. Why?

Miguel Oh no! I ²**needed / was supposed** to have handed in an essay yesterday. I completely forgot!

Sami You ³**must / should** have put a reminder on your phone so you wouldn't forget.

Miguel Yeah, you're right. Oh, I can't believe it! I ⁴**could / may** have done that essay on Saturday instead of watching the football at Omar's house.

Sami You were at Omar's? You ⁵**must have / ought to have** met my friend Lucas. He was there.

Miguel Yes, I did. He's really nice.

Sami He'd been quite anxious about going because he only knew Omar, but when he got there, he realised he ⁶**didn't need to be / needn't have been** so worried because everyone was completely focused on the football!

Miguel It was a great match! Right, I've got to go. Thanks again for the coffee. Enjoy your day!

Vocabulary**3 Complete the sentences. Use the definitions in brackets.**

1 Were you _____ (upset because you thought I'd said something unkind about you) when I said you were proud of your work?

2 Anna was feeling _____ (really sad) when I spoke to her yesterday.

3 What's that noise? It's really _____ (annoying me).

4 I was _____ (confused) as to why you didn't wait for me today.

5 Holly was _____ (extremely angry) that her sister had borrowed her car without asking.

6 I'm sure you'll feel better when you _____ it (discuss it) with Kaheem.

7 Layla has _____ (had an argument) with Fatima. They aren't speaking to each other.

8 I used to feel _____ (angry about something that seems unfair to you) that my brother was allowed to go to bed later than me.

4 Complete the sentences.

- Stress can make people ill, but my cousin Maria ¹t _____ on it, which is probably why she loves her job as a firefighter.
- Jamal wasn't just a bit sad. He was suffering from ²d _____.
- If you don't feel good about yourself, learning a new skill can help ³b _____ s _____ -c _____.
- I've lived a happy life and I don't have any ⁴r _____ I'm happy with all the choices I've made.
- She works six days a week, so she doesn't get much ⁵d _____, but she sometimes goes running.
- I don't know if he has an ⁶a _____ to chocolate, but he certainly gets irritated when he hasn't had some for a few hours.
- When we ⁷d _____ a p _____ m _____, we feel more hopeful and optimistic about the future.
- Thanks to social media, people receive much more ⁸i _____ every day than they did 30 years ago.

Cumulative review**5 Complete the blog post with the words and phrases below.**

anxiety calm down can chill out crazy
 don't have to frustrated had to mental
 must have should have well-being

Studies show that spending time in nature can help your ¹ _____. Fortunately, you ² _____ go deep into a forest or climb a mountain to experience the benefits of the great outdoors. Just spending time in a park ³ _____ be enough. What's your experience?

Comments

I get ⁴ _____ quite quickly when things aren't going well, but I find that if I go and walk by the river near my house, I ⁵ _____ quite quickly. *Kai, 17*

I live in a city, but there's a park nearby where I go and ⁶ _____ when things get on top of me. Just sitting there helps reduce my ⁷ _____. (I ⁸ _____ gone there yesterday when my brother was driving me ⁹ _____.) *Lily, 16*

During the 2020 pandemic, I ¹⁰ _____ stay at home every day. At least I could spend time in my garden, though, which was really good for my ¹¹ _____ health. It ¹² _____ been really difficult for people living in flats. *Toni, 18*

REFLECT Think about the following questions.

- Which lesson in this unit did you enjoy the most? Why?
- Which of the grammar points did you find the most difficult? Why?
- How can you practise understanding new words and phrases in reading texts?
- What three things can you do to build resilience?