

Grammar

1 Match the sentence halves.

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|--------------------|-------------------------------|
| 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.

- Were you _____ (upset because you thought I'd said something unkind about you) when I said you were proud of your work?
- Anna was feeling _____ (really sad) when I spoke to her yesterday.
- What's that noise? It's really _____ (annoying me).
- I was _____ (confused) as to why you didn't wait for me today.
- Holly was _____ (extremely angry) that her sister had borrowed her car without asking.
- I'm sure you'll feel better when you _____ it _____ (discuss it) with Kaheem.
- Layla has _____ (had an argument) with Fatima. They aren't speaking to each other.
- 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 t_____ on it, which is probably why she loves her job as a firefighter.
- Jamal wasn't just a bit sad. He was suffering from d_____.
- If you don't feel good about yourself, learning a new skill can help b_____ s_____ -c_____.
- I've lived a happy life and I don't have any r_____. I'm happy with all the choices I've made.
- She works six days a week, so she doesn't get much d_____, but she sometimes goes running.
- I don't know if he has an a_____ to chocolate, but he certainly gets irritated when he hasn't had some for a few hours.
- When we d_____ a p_____, m_____, we feel more hopeful and optimistic about the future.
- Thanks to social media, people receive much more i_____ 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?