

Language

Lesson 25-26

Read the Language Tip, then complete the sentences with the correct verb.

Warm-up

Language Tip

We use *try* + verb + *-ing* to give advice.

- Try drinking water.
- Try taking medicine.
- Try sitting down.

How to form verbs + *-ing*:

Most verbs

- add **-ing** → eat → eating

Verbs ending in -e (make, take)

- drop **e** + add **-ing** → make → making

Verb ending in vowel + consonant (sit, run)

- **double the last letter** → sit → sitting

Get ready

Activity 1

Activity 2

Activity 3

1. Try _____ more water. (*drink*)
2. Try _____ to bed earlier. (*go*)
3. Try _____ every day. (*run*)
4. Try _____ this medicine after dinner (*take*).
5. Try _____ more sleep. (*get*)
6. Try _____ healthy meal. (*make*)

Activity 4

Activity 5

Activity 6

Cool down

Plenary & Reflection