English Test

VOCABULARY

1. **Read the text and choose the correct answers about the vocabulary of Sleep.**

> *Teenagers need about nine hours of sleep, but many don't get enough. If you often (a) _____ in class, your body needs more rest. At night, don't spend hours (b) _____ with your phone. If you have trouble (c) _____, read a book until you (d) _____. Some people (e) _____ loudly, and it can wake up the whole family! If you (f) _____ during the night and feel afraid, drink some water and think about something happy. Don't just (g) _____ for hours. In the morning, when the alarm rings, (h) _____ immediately!*

a. ( ) yawn ( ) snore ( ) wake up

b. ( ) lying in bed ( ) having a nightmare ( ) waking up

c. ( ) falling asleep ( ) having dreams ( ) snoring

d. ( ) feel sleepy ( ) have a nightmare ( ) get up

e. ( ) snore ( ) wake up ( ) lie awake

f. ( ) have a nightmare ( ) feel sleepy ( ) get up

g. ( ) lie awake ( ) have dreams ( ) snore

h. ( ) get up ( ) snore ( ) have dreams

LIVEWORKSHEETS

2. Read each description and write the correct word according to the vocabulary of Positive Actions.

a. To take care of someone's children while their parents are away: _____

b. To give things or money to help a person, organization, or charity: _____

c. To collect money for a specific person, organization, or cause: _____

d. To offer your time and help without receiving money for it: _____

e. To collect and remove trash from a street, park, or other public place: _____

f. To create and organize a new activity or initiative to help people or the community: _____

g. A place where animals without a home are taken care of: _____

h. To help someone with something they need to do: _____

---

3. How can we help a senior citizen? Write 3 things we can do to help this person.

LIVEWORKSHEETS

4. How can we help an animal shelter? Write 3 things we can do to help this place.

_____

5. How can we help poor people? Write 3 things we can do to help them.

_____

GRAMMAR

6. Read the sentence and choose the correct answer (Past Simple x Present Perfect).

a. I _____ to Japan twice. The first time I went there was in 2019.

( ) went ( ) have been ( ) am going

b. Sara _____ a lot of money for the animal shelter last month.

( ) has raised ( ) raised ( ) raises

c. They _____ in this city since 2015.

( ) lived ( ) have lived ( ) are living

d. My brother _____ three books this year. He loves reading!

( ) read ( ) has read ( ) was reading

e. We _____ our homework yesterday evening.

LIVEWORKSHEETS

( ) have finished ( ) finished ( ) finish

f. Lucas _____ volunteer work since he was 16.

( ) did ( ) has done ( ) does

7. Complete the sentences with the verbs in parentheses. Use the Past Simple or the Present Perfect.

a. I _____ (volunteer) at an animal shelter last summer.

b. She _____ (never / be) to a homeless shelter.

c. We _____ (start) a recycling project in 2022.

d. They _____ (live) in Brazil since 2010.

e. _____ you ever _____ (babysit) a small child?

f. He _____ (not / pick up) litter yesterday.

WRITING

8. How can we have better sleeping habits? What can we do to improve our sleep?

Write a **short paragraph** with a minimum of **45 words** answering these questions.

LIVEWORKSHEETS

LIVEWORKSHEETS