

C Complete the text with the correct form of words from the box.

be get learn do grow practice

If you 1 _____ a new skill, your brain 2 _____. The density of white matter in your brain increases and your neurons work better. However, it has to be an active skill, such as learning the piano. You 3 _____ better if you 4 _____ every day. Each time you practice, you create new connections between your neurons. Play for just a short time and it makes a difference. If you 5 _____ that for a year, you 6 _____ amazed at your progress.



D IN PAIRS Discuss if you agree or disagree with the statements.

Explain your answers.

- 1 You can do anything if you try hard enough.
- 2 If you relax and stop worrying, you will succeed.

CONFIDENT COMMUNICATOR

START TALKING

Use the following expressions to say you agree or disagree with an idea.

I agree that it's a good idea to study with other people.

I disagree that it's easier to concentrate if you listen to music

VOCABULARY accidents and illnesses

A Complete the phrases with the words from the box.

ankle head throat arm leg



break your / have a broken _____



have a _____ ache



have a rash on your _____



sprain your / have a sprained _____



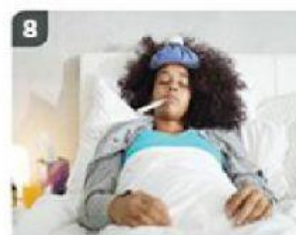
have a cut



have a sore _____



have a cold



have a fever

B IN PAIRS Discuss the questions.

- 1 Have you ever hurt a part of your body? What happened?
- 2 When was the last time you felt sick?

★ MAKE IT YOURS

Make a list of other words you might need to talk about accidents and illnesses.