

Write the right number to the right paragraph.

1. Only cats and dogs can help someone relax. ☐
2. Children who've got a pet make friends more easily. ☐
3. Dog owners should do more exercise than just taking their dog for a walk. ☐
4. Pets can help when you've lost a loved one. ☐

Feeling down? Stressed? Or unwell? Before you visit the doctor, why don't you get a pet? Here are a few reasons why a pet can change your life!



- ① You've had a bad day. You go home and your pet runs to welcome you. Doesn't that cheer you up? It just shows how a pet can help you calm down. And that's not true only for cats and dogs. You can relax even if you watch fish in an aquarium.
- ② A pet can become a child's best friend and a great teacher at the same time. Children who look after pets learn to be more responsible and they also become more sociable.
- ③ Nowadays, people work long hours and they're too tired to take up a sport. However, if you've got a dog, all you need to do is take it for a walk. It's great exercise and don't worry, your dog will always want to go out.
- ④ Sometimes people are unhappy and lonely because someone they know has moved away or they've lost a loved one. Lots of people, especially old people, find that they feel better if they've got a pet. But remember! If you decide to get a pet, you should find out everything you can about the animal before you get it. Choose carefully and don't forget, a pet is for life!



Match the sentences together use the text above.

If you are sad

If you are stressed of

Children need to have a pet

People are too busy and exhausted

Especially old people need to have a pet

they are too lonely

children can become more responsible

it can become their best friend and a great teacher as well.

it can help you calm down

they do not need to take up a new sport

it can cheer you up

children can be more sociable

up down own calm same take away

1. When I listen to music, I _____ down.
2. I always cheer _____ when my friends visit me.
3. Jane's going to _____ up tennis in the summer.
4. I'm feeling _____ because my best friend's going to move _____ next winter.
5. The children spoke at the _____ time and I couldn't understand them.
6. My grandfather is 80 years old and lives on his _____.

A. Complete with the adjectives in the box.

stressed responsible sociable unhappy lonely



Molly has moved to a big house and lives on her own but sometimes she feels very _____ because she's got no one to talk to.



Mrs Robinson leaves her dog with Tim when she's away. He's very _____ and takes good care of it.



Nancy isn't _____ at all. She stays at home all the time and doesn't like hanging out with friends.



Laura's parents are coming to visit her but she feels very _____ because her house is a mess!



Ralph looks really _____ because his dog has just died.