NAME : **CLASS :**

SHORT-TEXT ANSWER PRACTICE

TEEN YOGA

Read the text and answer questions 1 – 10.

The teenage years are some of the best years of our lives, a time for discovery, changes and opportunity and yet they are also some of the most challenging years of our lives. Dealing with growing up, school demands and social changes can lead to increased stress, anxiety, and concentration issues. Sports and other physical fitness activities are a great way to channel these mental roadblocks. Sometimes competitive sports are not for everyone. Therefore, exploring the benefits of teen yoga can be invaluable.

The physical benefits of teen yoga are vast. Yoga builds strength of muscles and bones as well as increases muscle flexibility and mobility. It helps in the development of coordination and balance, and assists teenagers to relax. These physical benefits are valuable as yoga instills a fit and healthy lifestyle in them while they are still young. While these physical benefits are great, teens also need methods to channel their mental barriers. Balancing the stresses of school, a social life, peer pressures, and other daily demands can be very challenging for teens. Yoga is a healthy way to work out these pressures.

Some of the mental benefits of teen yoga include learning techniques to manage stress by redirecting thoughts and calming the nervous system. Yoga also helps provide a healthy body image by providing a strengthened internal perspective. By providing a healthy way to explore the body and mind, it not only helps to manage stress,but also boost one's confidence.

Many top athletes use yoga to build their strength and their focus. It is just as useful for the competitive teen boy rugby player as the teen girl who is not so keen on sport. Yoga helps all people become more aware of themselves both physically and mentally and it helps people to relax.

LIVEWORKSHEETS

Questions 1 – 8

Answer the questions below. Choose **no more than five words and/or a number** *from the text for each answer. For each question, write your answer in the space provided.*

1. Although teenage years are said to be a time of discovery, they can also be the most _____ of our lives.
2. Dealing with growing up, school demands and social changes can cause teenagers to experience increased stress, anxiety and _____.
3. Practising yoga brings many physical and _____.
4. Not everyone can do _____, so exploring the benefits of teen yoga can be good.
5. Being a teenager these day can be very challenging, as they have to deal with the stresses of school, social life and _____.
6. Through yoga, a person can manage stress by redirecting thoughts and _____.
7. By providing a strengthened internal perspective, yoga helps a teenager to develop a _____.
8. Yoga is also practiced by athletes to help them to _____ and their focus.

Questions 9 and 10

Complete the table with **a word** *from the text. For each question, write your answer in the space provided.*

Meaning	Word
9. ease up	
10. burdens	

LIVEWORKSHEETS

ERROR CORRECTION PRACTICE

PRACTICE 1

Read the text below and correct the underlined errors.
For each question, write the correct word in the space provided on your answer sheet.

How to Protect Yourself from the Haze

Haze has become a common occurrence **(0)** to Malaysia. There are many simple and effective ways to **(1)** keeping you healthy during haze season. First of all, stay indoors. You should also keep your doors **(2)** yet windows closed to prevent the haze from coming in. Also, **(3)** stayed hydrated to combat the haze. Drinking enough water is key to fight off the haze and it symptoms. You have to **(4)** consuming at least 2 liters daily to ensure the toxins you **(5)** absorb from the haze are properly flushed out. If you have to be outside, wear 3-ply nose and mouth mask. For your **(6)** inform, standard surgical masks cannot keep out fine particles. So, always choose the certified N95 mask **(7)** who is designed to filter airborne particles and protect wearers from **(8)** inhale the haze particles.

[8 *marks*]

Example :

0	in

1		**2**		**3**		**4**	
5		**6**		**7**		**8**	

LIVEWORKSHEETS

Practice 2

Read the talk below and correct the underlined errors.
For each question, write the correct word in the space provided on your answer sheet.

Why is Fashion Important Today?

Good morning everyone. I am here to talk **(0)** of the importance of fashion. Fashion is important because it **(1)** reflect every culture in the world. The first cloth ever made was to protect the body from weather **(2)** but danger. It slowly turned into an industry and throughout centuries, **(3)** fashioned has evolved creating trend setters. However, this trend only lasted a while **(4)** although people became overwhelmed by it. Henceforth, it is created according to status and to differentiate social groups. Besides that, **(5)** they can also be more of a self-expression, self-empowerment **(6)** so even create confidence. Not forgetting the fact that some people just wear them because they are **(7)** comforts with the outfit. Nevertheless, fashion is important because it can **(8)** created various beauty standard in society and encourage people to dress up according to their preference or what describes them the most. With that I end my talk. Thank you for listening.

[8 *marks*]

Example :

0	in

1		**2**		**3**		**4**	
5		**6**		**7**		**8**	

LIVEWORKSHEETS