



## Quiz

Full Name: \_\_\_\_\_

Grade: III      Section: ABC

Teacher: \_\_\_\_\_

Date: August 2020

**COMPETENCIA:** SE COMUNICA ORALMENTE EN INGLÉS COMO LENGUA EXTRANJERA

**CAPACIDAD:** Interactúa estratégicamente con distintos interlocutores..

**DESEMPEÑO PRECISADO:** Participa en diversas situaciones comunicativas utilizando la adecuada pronunciación y entonación.



Read the text and choose the correct alternative.

Secondary students usually (a) **have to / mustn't** do lots of homework and lots of exams. This can be stressful. That's one of the reasons why some schools in the UK now teach a thing called 'mindfulness'. The idea is that the students (b) **should / ought** pay attention to what is happening right now. They (c) **had better / shouldn't** think about the past or the future, just the present. One activity that is part of mindfulness is 'beditation'. This is like meditation but you (d) **better / have to** do it lying down to get the full benefits. The idea of mindfulness

originally came from Buddhist thinking and meditation, but, of course, you (e) **don't have to / mustn't** be a Buddhist to practise mindfulness. Many experts think that they (f) **ought / must** to teach mindfulness in all schools. There are certainly lots of good reasons to try it. But you (g) **had / would** better find a clean floor to practise!