



6 Complete the text with the words from the box. Put them into the correct tense form.

- to quit • to enjoy • to plan • to rejoin • to keep • to think • to explain • to take up
- to feel (x2) • to join • to take • to improve •

Too Much of a Good Thing?

Once you **(1)** an activity, you have **(2)** it. You mustn't **(3)** stressed. It's important **(4)** a balance between schoolwork, after-school activities, and your health. If you **(5)** a club and need **(6)** for any reason, **(7)** with the teacher or coach. Be direct and polite and **(8)** your situation and feelings. Sometimes it's just not the right choice for you or it **(9)** too much of your time. Perhaps you have **(10)** your schedule better, **(11)** your marks in some of the school subjects and **(12)** later. Saying "no" can be the most responsible thing to do.