



The photograph shows two 1) [] outside a 2) []. It's a sunny spring day. I think they are reading a text message or looking at a photograph on one girl's mobile phone. The teenager on the left has got shoulder-length dark 3) [] hair. She's wearing a long-sleeved striped 4) [] and she's holding some 5) []. The other girl has got long straight 6) [] hair. She's wearing a white 7) [] and a pair of white 8) []. She's holding her 9) [] and a book. There's a black 10) [] on her shoulder. They both look very happy.

Czytanie Wybór wielokrotny

5 Imagine you are Laurie, and write your diary entry for the day of the incident in the extract. Write: *where you were, who with, what you were doing, what happened, how you felt*. Alternatively, complete the diary entry below with the options given.

suddenly frozen thinner frightened across relieved managed hold at edge lay warm

Dear Diary,

Today the lake was 1) [] over. I went out skating with Jo and Amy. As we were skating 2) [] the ice, I called to the others to stay near the 3) [] of the lake. The ice in the middle was 4) [] and more dangerous. I was in front of the girls when 5) [] I heard a loud crack. Amy had fallen in! Jo was just standing there – she couldn't move. I shouted 6) [] her to bring a rail from the fence. Then I 7) [] on the ice and told Amy to 8) [] on to my hockey stick. Finally, we got her out with the help of the rail. I was really worried to see her so cold and 9) []. We 10) [] to get her home and 11) [] her up in front of the fire. I was so 12) [] she was OK.

1 Przeczytaj tekst. Spośród podanych odpowiedzi wybierz właściwą, zgodną z treścią tekstu. Zakreśl literę A, B, C lub D.

Body Language



Body language is the way people reveal their thoughts and emotions simply by moving their body in certain ways. More often than not, they don't even realise they are doing it. It could be the gestures a person makes with their hands, the way they move their head or even how they use their eyes or mouth. In other words, people can give unspoken signals which communicate meaning just as much as words do. Psychologist Dr Kevin Lacey

stresses the importance of body language. "In order to make a good impression, just saying the right thing isn't enough," he says. "How we say it, and the body language we use, can be just as important."

So what does Dr Lacey suggest we do to improve the sort of message our body language is sending? "Firstly, when you sit opposite someone, don't cross your arms or legs,"

he advises, "and if you are wearing a jacket, open it. Otherwise, your position looks 'closed' and people may easily think you have something to hide. An open posture, on the other hand, makes people think that you are being honest. If you want to show you are interested in what someone is saying, you should lean forward with your head slightly to one side. This suggests that you are paying attention to them. Making direct eye contact is usually a good idea too, although in some cultures, such as in some parts of Asia, it can be a sign of disrespect." But it's not just a question of giving out the right signals ourselves. It can also be very useful to understand someone else's body language. If, for example, you want to know whether someone is telling the truth or not, there are a number of simple signs to look out for. "If someone's eyes keep moving quickly around the room and they keep on touching their face," Dr Lacey explains, "there is a good chance the person is not being completely honest."

So the next time you meet someone new, why not follow Dr Lacey's advice? Hopefully, body language will help you to trust and be trusted!

1 Dr Lacey thinks that body language is ...

- | | | | |
|---|---|--|---|
| <input type="radio"/> A of hardly any importance. | <input type="radio"/> B more important than speech. | <input type="radio"/> C an important way of communicating. | <input type="radio"/> D less important than speech. |
|---|---|--|---|

2 Crossing your arms or legs suggests you ...

- | | | | |
|--|---|---|---|
| <input type="radio"/> A are feeling angry. | <input type="radio"/> B are not easily annoyed. | <input type="radio"/> C are open to conversation. | <input type="radio"/> D are keeping something back. |
|--|---|---|---|

3 Looking someone straight in the eyes ...

- | | | | |
|--|---|---|---|
| <input type="radio"/> A should not be done everywhere. | <input type="radio"/> B will gain you people's respect. | <input type="radio"/> C is only acceptable in Asia. | <input type="radio"/> D shows that you are highly cultured. |
|--|---|---|---|

4 A sign that someone is lying is when they ...

- | | | | |
|--|---|--|--|
| <input type="radio"/> A keep walking round the room. | <input type="radio"/> B don't look at one thing for long. | <input type="radio"/> C keep looking at your face. | <input type="radio"/> D try to leave the room quickly. |
|--|---|--|--|

5 In the article the writer argues that ...

- | | | | |
|--|---|--|---|
| <input type="radio"/> A body language is the most important form of communication. | <input type="radio"/> B people overemphasise the importance of body language. | <input type="radio"/> C it is impossible to control our body language. | <input type="radio"/> D our body language influences what others think of us. |
|--|---|--|---|