

# 1 Read the sentences. Write the instructions and advice in the table.

Put on a hat.  
You should take water with you.  
Read the instructions first.  
You should take water and something to eat.  
Don't be late!  
You should return before sunset.  
Take your boots, don't hurt your feet.

Instructions	Advice
Put on a hat.	

## 2 Read and choose the correct words to complete the rules.

- To express instructions, we can use **the verb / should**.
- To express advice, we can use **the verb / should**.
- We form negative instructions with **don't + verb / verb + not**.

## 3 Write the words in the correct order.

- put / boots / You / on / for / should / the / hike.
- phone / mobile / You / a / take / should.
- other / Help / each.
- for / We / look / should / a / hospital.

1  
2  
3  
4

## 4 Read and think. Then choose the correct words to complete the rules.

I hurt <b>myself</b> .	We are helping <b>ourselves</b> .
Enjoy <b>yourself</b> .	Enjoy <b>yourselves</b> !
He cut <b>himself</b> . She hit <b>herself</b> . The dog/It hurt <b>itself</b> .	They are teaching <b>themselves</b> .

We can phone **each other**. We want to see **each other** again.

- We add **-self** to *I, you, he, she, it / my, your, him, her, it*. We add **-selves** to *we, they / our, them*.
- We use words like *himself* when someone does something to **himself / someone else**.
- We use *each other* when someone does something to **himself / someone else**.

## 5 Read and circle the correct word.

- Who gave **you / yourself** that hat?
- We looked at **us / ourselves** in the photo.
- She taught **herself / each other** to dance.
- We talked to **ourselves / each other** on the phone.
- Tell the group leader if someone hurts **himself / yourself**.

### Grammar: giving instructions and advice

To give instructions, we can use **the verb**. We form negative instructions with *don't + verb*.  
To express advice, we can use *should*.

### Grammar: **-self** and **each other**

We add **-self** to *my, your, his, her, it* and **-selves** to *our, them*.  
We use words ending in **-self / -selves** when someone does something to *himself / herself*.  
We use *each other* when someone does something to *someone else*.