A Read the text below. For questions (1-5) choose the correct answer (A, B, C or D).

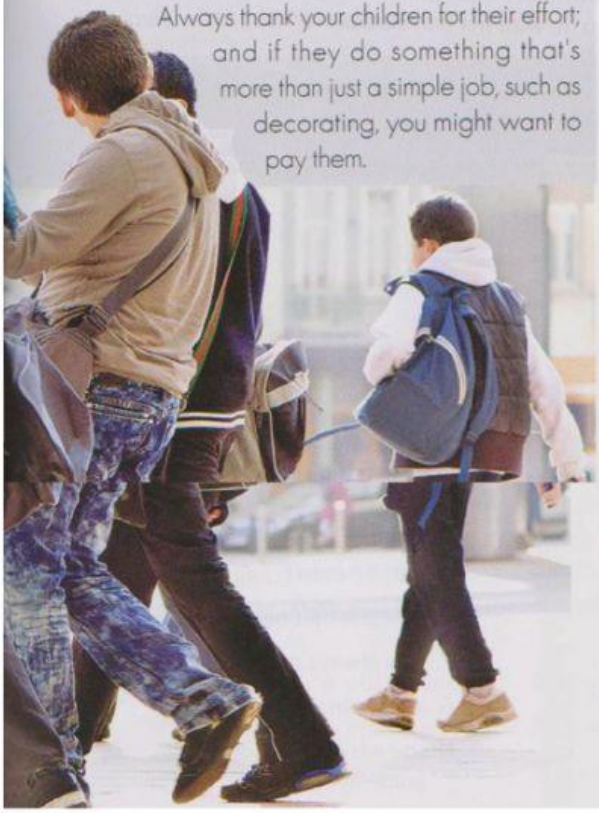
GIVE TEENS A BREAK

Sometimes, parents hurt their teenage children's feelings by making jokes about their appearance. They also tend to pay little attention to teenage worries and think of them as being silly. Your daughter may be convinced that her nose looks awful and that plastic surgery is the only solution, even though everybody else fails to notice the problem. By trying to explain that other people do not normally pay as much attention to our physical features as we do ourselves, we can help teenagers feel better about themselves and become more confident.

Teenagers also tend to avoid doing things they don't like, especially helping around the house. They are likely to try to get out of doing housework – and certainly don't respond well to orders. The more you discuss the type of housework your teenage son or daughter might not mind doing, the better. He or she, for example, may be happy to go to the supermarket, but hate the idea of doing the washing-up.

It also works better if your children can, at least to some degree, do things in their own way and time. This might seem annoying, but if all you do is order them around, you can be sure that next time they will not do a thing.

Always thank your children for their effort; and if they do something that's more than just a simple job, such as decorating, you might want to pay them.



1. What does the text say about teenagers?
   A. They are very self-confident.
   B. They pay little attention to how they look.
   C. They are happy about the changes they are experiencing.
   D. They are aware of the physical changes they are going through.

2. What does the writer advise parents to do?
   A. support their children if they decide to have plastic surgery
   B. give them tips on how to improve their appearance
   C. ignore their concerns
   D. tell them that they actually look better than they think they do

3. When it comes to housework, what do most teenagers do?
   A. They help a lot with it.
   B. They usually prefer going to the supermarket.
   C. They expect something in return for helping around the house.
   D. They find ways not to take part in it.

4. How can parents make their teenage children help around the house?
   A. by giving them specific instructions about their duties
   B. by making them feel responsible for their actions
   C. by telling them that they have to become involved
   D. by discussing with them what type of housework they prefer doing

5. Which of the following is **NOT** good advice to parents?
   A. They should thank their children for their effort.
   B. They should give their children some money for any job they do.
   C. They should let their children do some things the way they want to.
   D. They should be willing to take their children's preferences into account.



LIVEWORKSHEETS

A Read the text below. Choose from (A-H) the one which best fits each space (1-6). There are two choices you do not need to use.

Exam tip

- Read the instructions and the title of the text carefully. This will help you to predict the text's content.
- Read the text quickly, without paying attention to the gaps, so as to understand its meaning.
- Read the phrases A-H.
- Read the sentences in the text from which the phrases have been removed, and decide what the missing phrases could be about.
- Reread the phrases A-H and decide which of them fits into each gap.
- Note that two of the phrases A-H do not fit into any gap.
- After filling all the gaps, read the full text and decide whether it makes sense. Read the phrases that you haven't used and make sure that they do not fit anywhere.



Have a laugh!

It's no secret that laughing is good for us. It gives our immune system a boost, reducing stress hormones and (1) _____. It relaxes our muscles and strengthens our heart. Then, of course, laughter releases feel-good hormones that make us feel happier. Humour helps us ride the waves of life's ups and downs; it turns us into more easy-going people and breaks the ice with others.

However, (2) _____ or you just don't get other people's jokes? What if you are an intensely serious person who finds life more tragic than comic or who is more likely to be hot-tempered and moody when things go wrong than to slap your forehead and laugh? Can you learn to take life less seriously and lighten up?

According to some comedians, people can actually learn to be funny - perhaps not fall-off-your-chair funny, but at least able to admit that things are ridiculous rather than absolutely terrible. For those with a natural talent for being funny there are even stand-up comedy clinics (3) _____. Stand-up teachers turn the art of comedy into a science and design games, such as ones in which students have to improvise, to get students to be more creative. Students are given the tools to write great jokes even when they are struggling to come up with ideas of their own.

However, if you don't have your sights set on entertaining an audience but would simply like to laugh more, there are some easy ways (4) _____. If you are feeling dull or irritated, getting together with friends to watch a comedy could be just the thing to liven you up. Additionally, make sure that if you have a tendency to see the depressing side of life, you include funny people in your circle of friends. Funny people can influence you to find humour in the simplest of things. Welsh comedian Rhod Gilbert, for example, manages (5) _____ in a supermarket into a hilarious sketch.

Watching comedies and telling jokes is not the only way to cheer us up and make us laugh. There are countless ways to lighten up a day, like playing games with friends or doing fun activities like going swimming, playing board games or music with friends or (6) _____.

For those that are serious about wanting to laugh, there are even laughing yoga classes, which are based on the idea that laughter is catching.

A. where you can learn to be a comedian
B. playing with pets
C. where he performed his jokes for the first time
D. what if humour doesn't come naturally to you
E. to turn trying to buy a single baked potato
F. increasing disease-fighting antibodies
G. what if you can't stop laughing when you see them
H. to make every day more amusing

LIVEWORKSHEETS