



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

Unit 4

Year: \_\_\_\_\_

Extra Activities

## Reading

1 Read this extract of an article about self-esteem. Then complete the spider map with words from the text.

What is self-esteem?

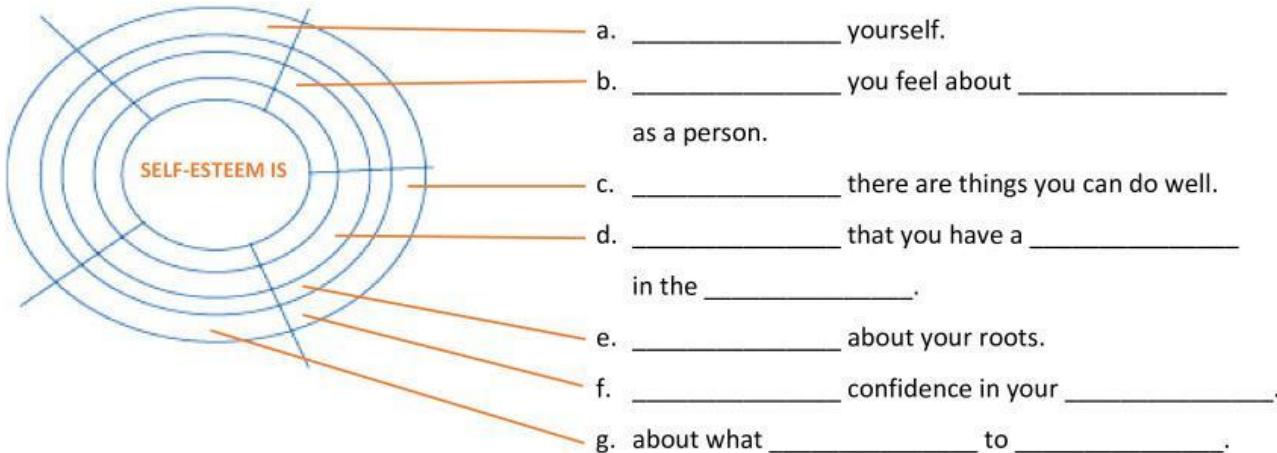
- Self-esteem is liking yourself. It is not conceit or boastfulness, but believing in yourself and what you do.
- Self-esteem is how you feel about yourself as a person and knowing that there are things that you can do well – in other words it is about being and about doing.
- Part of self-esteem is feeling that you have a place in the world where you belong – that you are part of a family where you matter. It is knowing about your roots and having confidence in your future. [...]
- Self-esteem is about what matters to you. If you want to be good at sport but everyone tells you that you are good at art, it will not help your self-esteem very much. If you get encouragement and help in something you want to do, and you succeed, your self-esteem will grow.

[...]

**Adolescence**

- In adolescence self-esteem can be affected by the physical and hormone changes, and most importantly by how they look or how they think they look. Young people who have a goal in life often do a bit better in the self-esteem stakes. So do those whose families are there to support them. Belonging to a group of friends is also very important to adolescents' self-esteem. [...]

CHILDREN, Youth and Women's Health Service. *Self-esteem*. Available at: <[www.health.wa.gov.au/docreg/Education/Population/Child\\_Health/Emotions\\_and\\_Behaviour/HP8885\\_self\\_esteem.pdf](http://www.health.wa.gov.au/docreg/Education/Population/Child_Health/Emotions_and_Behaviour/HP8885_self_esteem.pdf)>.





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2 Read the extract again. Check (✓) the items that can impact self-esteem in adolescence both in positive and negative ways according to the text.

- a. Having problems with acne. ( )
- b. Noticing that your body is different from your friends'. ( )
- c. Getting good grades at school. ( )
- d. Having a boyfriend/girlfriend. ( )
- e. Other people's opinion about your physical appearance. ( )
- f. Having a hobby. ( )
- g. Having plans for university. ( )
- h. Having parents who believe in you. ( )
- i. Having a group of friends. ( )

### Vocabulary

3 Find thirteen words used to describe people's hair, eyes and height. Then organize them in the chart.

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| F | Q | F | B | R | O | W | N | U | C | F | L |
| B | L | A | C | K | W | K | B | L | U | E | A |
| N | C | U | R | L | Y | H | J | W | A | G | R |
| G | G | R | E | E | N | H | F | Q | L | R | G |
| Y | B | X | T | H | G | I | A | R | T | S | E |
| U | J | T | L | L | A | T | D | J | L | D | R |
| T | R | O | H | S | C | D | G | N | M | N | J |
| Y | S | L | U | Z | W | P | R | Q | O | H | X |
| W | L | O | N | G | S | M | A | L | L | L | J |
| O | I | Y | M | R | H | N | Y | B | Y | H | B |

| HAIR     |          | EYES     |          | HEIGHT   |
|----------|----------|----------|----------|----------|
| Style    | Color    | Size     | Color    | short    |
| a. _____ | red      | h. _____ | brown    | m. _____ |
| b. _____ | e. _____ | i. _____ | j. _____ |          |
| c. _____ | f. _____ |          | k. _____ |          |
| d. _____ | g. _____ |          | l. _____ |          |



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4 Complete the descriptions with the words from the box.

a



Emma Taylor

Height: 1.60m

beautiful • eyes • hair • short • tall

Emma is a British artist. She's not very \_\_\_\_\_. She has \_\_\_\_\_ dark brown \_\_\_\_\_ and brown \_\_\_\_\_. She has a \_\_\_\_\_ smile.

b



Naomi Jackson

Height: 1.80m

curly • big • hair • wide • tall

Naomi is an American model. She's a \_\_\_\_\_ woman. In this picture, she has \_\_\_\_\_ brown \_\_\_\_\_. She has a \_\_\_\_\_ mouth and a \_\_\_\_\_ smile.

c



Ashley Spencer

Height: 1.54m

blond • eyes • large • long • short

Ashley is an Australian singer. She's kind of \_\_\_\_\_. She has \_\_\_\_\_ hair and blue \_\_\_\_\_. She has a \_\_\_\_\_ nose.

d



Selena Perez

Height: 1.50m

eyebrows • eyes • hair • large • long • short

Selena Perez is a Mexican actress. She's \_\_\_\_\_. She has \_\_\_\_\_ brown \_\_\_\_\_ and brown \_\_\_\_\_. She has \_\_\_\_\_ lips and thick \_\_\_\_\_.



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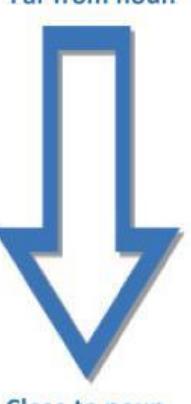
Extra Activities

## Grammar

5 Write the adjective categories in the correct order (far from noun → close to noun).

Then complete the chart with an example for each category.

age • color • material • opinion • origin • purpose • shape • size

| Far from noun<br> | Adjective categories | Example |
|---|----------------------|---------|
|   | a. _____             |         |
|   | b. _____             |         |
|   | c. _____             |         |
|   | d. _____             |         |
|   | e. _____             |         |
|   | f. _____             |         |
|   | g. _____             |         |
|   | h. _____             |         |
|   | noun                 |         |

6 Unscramble the words and write sentences.

a. and / eyes / Mike / short / has / brown / hair

b. blond / eyes / Beatrice / and / has / green / hair / long

c. curly / hair / brown / blue / and / Diane / eyes / has / short

d. and / eyes / short / hair / dark / has / straight / Kurt / green

e. straight / blue / hair / Erika / large / eyes / long / has / and / red

7 Is the word order in the sentences right (✓) or wrong (✗)? Rewrite the incorrect sentences.

a. Leona and Louise have blond straight hair. ( )

b. Does Sean have short brown hair? ( )

c. Monica doesn't have blue large eyes. She has brown large eyes. ( )

d. Aunt Patty has long red hair and beautiful green eyes. ( )