

Complete each sentence with the word in brackets or its opposite.

השלימו כל משפט במללה שבסוגרים או בהיפך שלו.  
أكملوا كل جملة بالكلمة الواردة بين القوسين أو بعكسها.

1. It's ... for babies to drink milk. (important)
2. No one likes John. He's very .... (popular)
3. Watching too much TV is .... (healthy)
4. I'm ... because my best friend and I aren't in the same class. (happy)
5. I woke up late and forgot my books. Today is my ... day. (lucky)

## What Do You Remember?

### New Words

accept  
bored  
can't wait  
disappointed  
exercise  
feel good  
get enough sleep  
have a good / bad time  
have fun  
healthy  
  
meet friends  
miss you  
school subject  
spend money  
spend time  
summer vacation  
surprised  
think positively  
tired  
twice a week  
worry

### Let's Remember

afraid  
angry  
excited

happy  
sad  
sick

Do the following exercises in your notebook.

**A** Find words in the word list that mean the opposite of the words below.

1. happy
2. sick
3. have fun
4. brave

מצאו מילים מרשימת המילים שמשמעותם  
ההיפך ממשמעות המילים שבלמטה.  
جروا كلمات من القائمة معناها عكس  
معنى الكلمات أدناه.

**B** Make as many word pairs and phrases as you can.

eat                    meet  
get                    make  
spend                have

friends              healthy food  
money                time  
a good time         enough sleep

תרמו כמה שיותר זוגות מילים וביטויים  
والعبارات.

**C** Complete at least three of these sentences about yourself.

1. When I go to sleep late, I am ....
2. I am ... when I get a bad grade.
3. I am ... when I get a present.
4. I stay home from school when I am ....

השלימו לפחות שלושה ממשפטים הבאים על  
עצמכם.  
أكملوا ثلاثة جمل من الجمل التالية.  
على الأقل، عن أنفسكم.

**D** Translate the sentences into your language.

1. I meet my friends at school.
2. I talk a lot when I am excited.
3. Teenagers don't get enough sleep.
4. We eat unhealthy food.
5. I can't wait to see you.

תרגמו את המשפטים לשפתכם.  
ترجموا الجمل إلى لغتكم.

## 1 DON'T WORRY, BE HAPPY!

**D** 1. Write how the people feel. Use the words below.

כתבו איך מרגשים הרגשים. השתמשו בולומתת.  
أكتبوا ما هي مشاعر الآشخاص. استعملوا الكلمات أدناه.

tired ■ bored ■ happy ■ surprised ■ afraid ■ sad ■ excited ■ angry



How does she feel when she sees a spider?  
*afraid*



How does she feel when she gets a present?



How does he feel when he watches TV all day?



How does she feel when she goes to bed late?



How does he feel when he gets a lot of homework?



How does she feel when she wins a race?

2. Write three sentences about how you feel.  
Use the pictures above and the chart below to help you.

כתבו שלושה משפטים על איך אתה מרגש, השתמשו בimately.  
شلصعلة واعملوها شلومتة.  
أكتبوا ثلاث جمل عن مشاعركم. استعينوا بالصور أعلاه  
والجدول أدناه.

I am	tired bored happy surprised afraid sad excited angry	when	I win a race. I watch TV all day. I see a spider. the teacher gives us a lot of homework. I get a present. I go to bed late.
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*I am afraid when I see a spider.*

1. ....  
2. ....  
3. ....