

Listen to the conversation and do the exercises to practise and improve your listening skills.

Preparation: matching

Match the opposite adjectives and write a–f next to the numbers 1–6.

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| 1..... good | a. unlucky |
| 2..... lucky | b. untidy |
| 3..... always | c. noisy |
| 4..... quiet | d. bad |
| 5..... clear | e. unimportant |
| 6..... important | f. never |

1. Check your understanding: multiple choice

Circle the best answer to these questions.

1. Ben ...

a. doesn't study	b. studies and does well.	c. studies and doesn't do well.
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2. Ben usually studies ...

a. in the library.	b. at home.	c. in his friend's house.
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3. On Ben's desk there are ...

a. papers, books and pens.	b. pencils, books and pens..	c. a pencil case and pens.
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4. Katy ...

a. has a break for thirty minutes.	b. exercises for thirty minutes.	c. studies for thirty minutes.
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5. When Ben studies ...

a. he doesn't take breaks.	b. he has a break for two or three hours.	c. he has two or three breaks each hour.
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2. Check your understanding: grouping

Write the ideas in the correct group.

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|---|------------------------------|---|---|
| a. Study for two or three hours without a break | b. Get up and move your body | c. Stay in your chair when you take a break | d. Have lots of papers and books on your desk |
| e. Play loud music while you study | f. Take lots of breaks | g. Have a clear desk | h. Study in a quiet place |

Good ideas	Bad ideas

3. Check your vocabulary: gap fill

Complete the sentences with a word from the box.

good	body	quiet
three	legs	marks

- You always get good _____ at school!
- I always do _____ things. Do you want to know them?
- I usually study in my bedroom. It's very _____.
- I move my arms and _____ and drink some water.
- It's important to get up and move your _____.
- Next time I think I can get _____ marks!