

Samantha

Well, I am never **bored**. When I have no friends with me and have nothing to do, I [ ] always have a small sketchbook in my bag to use when I see something beautiful. Many people play with their phone to be less [ ] but I prefer drawing.

I also have a great tip what to do not to feel [ ]. To calm down in any situation I close my eyes for 5 seconds and [ ] slowly. When I open my eyes again, I am usually more relaxed.



Andrew

My family and I moved to a new town last year. I didn't want to move because all my friends and my swimming team were in my old town. My parents wanted to [ ] here to have better jobs and a better school for me. I understand it now, but first four months I was really **confused** and felt [ ]. So now I am a pro at giving advice how not to be miserable. To be happy in any situation in your life you should think about something you like. When I feel sad I often forget how many good things I have. For example last week I failed two tests, my [ ] with my younger brother was not great and my best friend was ill. I was quite miserable. And then I started thinking what was good about my week: the weather was amazing, my new classmate invited me to his birthday party and my favourite basketball team won.

So my advice is think about the good things in your life to be happy. Sometimes we forget about the small [ ] that are good and focus only on bad things.

LIVEWORKSHEETS