Classwork

READING

1) Read the blog about emotions and choose the correct option.

What is the main advice in the text?

a) To solve all of other people's problems.
b) To keep your emotions inside.
c) To talk to someone you trust when feeling overwhelmed.
d) To ignore your feelings and focus on others

Why is it important to listen to others?

a) Because you have to fix their problems.
b) Because it helps you feel better.
c) Because they might have feelings you don't know about.
d) Because it's the only way to be happy

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Taking Care of Your Feelings and Others *by Fred Shirlock*



Feeling overwhelmed can be a normal part of life, especially when you're going through changes or facing new challenges. You should talk to someone you trust when you feel this way because sharing your emotions can help you feel better. It's important to remember that you mustn't keep your feelings to yourself for too long.

Sometimes, you might feel that you're alone, but this isn't true. You may not always know how others feel, so it's important to ask and listen carefully. If you see someone struggling, you should try to support them. You don't have to fix all their problems, but being there can make a big difference.

Remember, you must take care of yourself too. You have to find time to rest and do things that make you happy. Taking care of your mental health should be a priority because it can affect everything else in your life.

2) Read again and choose the correct option.

What is the purpose of offering support when someone is struggling? a) You **must** solve their problems immediately. b) You **should** show empathy, even if you can't fix everything. c) You **may** decide not to talk to them. d) You **can** ignore them if you are also feeling overwhelmed.	Why is taking care of your mental health important, according to the text? a) Because it **might** not affect anything else in your life. b) Because you **have to** be happy all the time. c) Because your mental health **can** impact other aspects of your life. d) Because you **mustn't** share your feelings with others.

USE OF ENGLISH

LIVEWORKSHEETS

1) Choose the correct preposition to complete the letter.

Hi Fran,

Sorry I've taken so long to reply. You ask about our friends here, so here's what's happening. Anna, as you know, was disappointed (1) *of / on / with* her last exam results so she's working harder now, but I think she's getting tired (2) *about / of / on* studying all the time. She usually likes to go out in the evenings, so she must be getting very bored (3) *with / on / about* life. Mike is still very keen (4) *of / on / with* football and is quite proud (5) *on / with / of* the two goals he scored last Saturday, but he can't play next week and he's sad (6) *about / of / with* that. Kay, you might remember, is crazy (7) *on / with / about* music and has always wanted to be a singer. Well, a band has asked her to sing with them at a concert next Friday. She's really nervous (8) *on / about / with* singing in front of all those people, but I don't think she should be frightened (9) *with / of / on* doing it. I've told her that some people will be quite jealous (10) *of / on / about* her! Well, that's all for now.

Lots of love,

Jamie

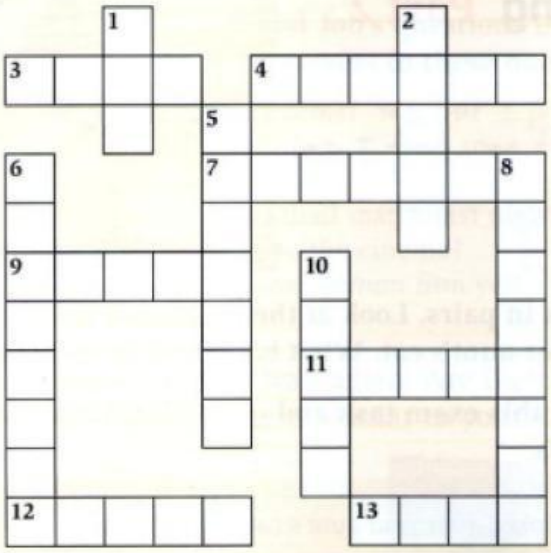
2) Complete the crossword with words from the last classes.

Across

3 not generous
4 frightened
7 feeling
9 terrible
11 should
12 fortunate
13 like a lot

Down

1 unhappy
2 something you often do
5 wanting what someone else has
6 feeling or showing thanks
8 opposite of 'positive'
10 pleased with what you have done



LIVEWORKSHEETS

3) Complete the conversation with the correct modal verb.

1 **A:** Do you think Matt and Libby are at the café?
B: They *can* / *may* be there, but I'm not sure.

2 **A:** Do you like going to the swimming pool?
B: No, I *can't* / *mightn't* swim.

3 **A:** I've got a bit of a headache.
B: I think you *must* / *should* take an aspirin.

4 **A:** *Could* / *Might* you run for an hour without stopping?
B: No, I'd be too tired after 30 minutes!

5 **A:** Are the buses to the city centre expensive?
B: No, you *mustn't* / *don't have to* pay if you're under 16.

6 **A:** The weather's not looking very good now.
B: No, I think it *can* / *might* rain later.

7 **A:** What do I need to go to the USA?
B: You *should* / *have to* take your passport.

4) This is a part of an email you receive from a friend from England.

Last Saturday I had a party for all my friends. We had a fantastic time! Tell me about parties in your country. What are they like? What do people do?

Well, that's all for now Best wishes Sorry
Please write soon Thanks for great!

Now write a letter answering your penfriend's questions.
Write your letter in about 100 words.

LIVEWORKSHEETS