GRAMMAR

modals for rules and advice

1 A **Choose the correct words to complete the tips.**

Six tips for how to live a happier life

1. You **should / don't have to / mustn't** try to spend some time enjoying nature each day. It reduces stress.
2. Make sure you get enough exercise. You **mustn't / need to / don't need to** run a marathon, but a small amount of exercise will make you feel better.
3. Spend time with friends and family. You **must / mustn't / need to** spend too much time alone. People who have good social relationships live longer.
4. You **should / mustn't / needn't** get enough sleep. Most people **don't need to / need to / shouldn't** sleep for between six and eight hours.
5. Learn something new. Your brain needs to be challenged. You **have to / must / don't have to** be really talented, but learning a new skill can be fun.
6. You **have to / shouldn't / mustn't** laugh as much as possible. Humour can help you get you through difficult times.

B **Work in pairs. Look at the advice in Ex 1A. Which things are important to do every day?**

VOCABULARY

2 A **Complete the sentences with the words/phrases in the box.**

bad loser	carry on	giving up	strict	working hard

1. At the moment, I'm _____ to try and build up my new business.
2. I think I'd like to _____ with my studies.
3. I try to be very _____ about not working too much.
4. I get very angry when I don't win. I'm a _____.
5. I'm thinking about _____ my job. I don't enjoy it.

B **Change two of the sentences in Ex 4A so that they are true for you.**

GRAMMAR

3 **Choose the correct word or phrase to complete the sentences.**

1. What are you **laugh about / about laughing / laughing about**?
2. Who **said / saying / did say** that we had to stay here until 5 p.m.?
3. What **you are / are / are you** doing tomorrow?
4. What kind of music shall we **listen / to listen / listen to**?
5. Who **wants you to / you want to / do you want to** invite to your birthday dinner?
6. Who **drank / drink / drinking** my water?

4 **Complete the news story with the words in the box. You do not need two of the words.**

competitive	fans	gave up	goalkeeper
leadership	match	referees	scored

The town football team were celebrating yesterday after winning their first [1] _____ in fourteen games. They [2] _____ two goals in the first half and one in the second for a 3:0 result. Vinnie Thompson was the player of the match. The [3] _____ Luke Wells played very well too, stopping two goals near the end of the game. [4] _____ had been unhappy at the team's failure to win a game in recent weeks, but were very happy with the result yesterday. The team's owner said that the change in [5] _____ at the club had helped to improve the players' performance. The new manager said he was proud of the team and the way they were [6] _____ from start to finish.



LIVEWORKSHEETS