



Exercise 1: A good night's sleep. Are the sentences true or false?

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|---|------|-------|
| 1. The guest in the studio is a teacher. | True | False |
| 2. Some people can sleep well with a television on. | True | False |
| 3. It is bad to think a lot before going to bed. | True | False |
| 4. It is good to play video games before bed. | True | False |
| 5. It is good to turn your mobile off when you go to bed. | True | False |
| 6. It is bad to play loud music while you sleep. | True | False |

Exercise 2: Underline the correct words.

- | | |
|---|----------------------------|
| 1. Look! There's rubbish all over the park. | path / litter / fountain |
| 2. We had to run to ___ the last train. | catch / shout / chase |
| 3. That ___ took us across the river in just ten minutes. | plane / ferry / tram |
| 4. She gave her sandwich to the homeless man—so ___! | mean / generous / shy |
| 5. I saw a ___ boy waving from the playground. | young / old / pretty |
| 6. The gardener is planting tulips and roses. | flowers / bin / fountain |
| 7. Squirrels are climbing up the tall ___. | flowers / trees / fountain |
| 8. We flew to Spain by ___ last summer. | ferry / bus / plane |
| 9. Let's sit on the ___ and have a picnic. | grass / path / litter |

Exercise 3: Circle the correct word

- Gemma is pretty, **and** / **but** miserable.
- Polly is mean **and** / **but** miserable.
- Ted is kind **and** / **but** handsome.
- Helen is old, **and** / **but** generous.
- Bill is generous **and** / **but** friendly.
- Mary is shy, **and** / **but** kind.

Exercise 4: Write WAS, WERE, WASM'T, WEREN'T, A, AN, ANY

Last summer, we visited a quiet village by the sea. There 1. _____ a beautiful beach near our cottage, and there was 2. _____ small café where we had breakfast every morning. There 3. _____ many tourists, so it 4. _____ peaceful and relaxing. One day, we saw 5. _____ old boat by the shore. There 6. _____ also dolphins in the water, but there weren't 7. _____ sharks, thank goodness! At night, there 8. _____ a music festival in the town square. It 9. _____ so much fun!

Exercise 5 : Tick (✓) the correct sentence.**In the café...**1. You must be noisy. ☐You mustn't shout. ☐2. You must eat the food you buy. ☐You mustn't buy anything. ☐**In the hospital...**3. You must be quiet. ☐You mustn't let people rest. ☐4. You must run in the hallways. ☐You mustn't speak loudly. ☐**In the museum...**5. You must touch everything. ☐You mustn't take flash photos. ☐6. You must listen carefully. ☐You mustn't look at the art. ☐**In the zoo...**7. You must feed the animals. ☐You mustn't tease the animals. ☐8. You must throw litter. ☐You must stay behind the fence. ☐**In the swimming pool...**9. You must swim safely. ☐You mustn't wear a swimsuit. ☐10. You must run by the pool. ☐You mustn't push people. ☐**Exercise 6: Match the answers to the correct boxes.****Seven tips for a tidy desk**

1. Only keep things you really need on and near your desk.

Use a tray for any papers you have to read. Have a jar for pens and pencils and have a bin near your desk.

2. Don't keep any drinks on your desk.

Go to the kitchen when you want to have a drink or, if you prefer, keep a drink on a small table near your desk.

3. Reduce the amount of paper that you use.

Try to keep as much information as possible in folders on your computer. Before printing a document, ask yourself, 'do I really need to read this on paper?'

4. Scan your notes.

If you have a lot of paper (magazine articles, notes, worksheets, etc.), make digital versions of them.

5. Use your smartphone to take photos of things you need to remember.

For example, take photos of notes to yourself, the name and address of a place you need to visit or diagrams you need to study for school.

6. Get a noticeboard.

If you really do need to keep small bits of paper, use a noticeboard on the wall. Check it every day and throw old notes in the bin.

7. Clean your desk at the end of every day.

Choose a time to tidy your desk and do it! If you do it every day, it will only take five minutes and you can start each new day with a clean and tidy space.

keep pens and
pencils in a jar.

leave your desk
untidy at the end
of the day.

keep a drink
on your desk.

use a scanner to
make PDFs of
magazine pages.

DO

DON'T

print as much
information as
possible.

check your
noticeboard
every day.

take photos of
things you want
to remember.

keep a lot of
paper on your
desk.