


Listening

13  Listen to an interview on the radio with Tanya Roberts about ways people can relax. Are the sentences T (true) or F (false)?

- 1 People didn't use to be as stressed as they are now. T/F
- 2 Tanya offers classes where both adults and children can attend. T/F
- 3 Tanya suggests that working in the garden helps people to relax. T/F
- 4 A professor from the UK has said that spending time outdoors is good for you. T/F
- 5 Tanya recommends that families relax together outside. T/F
- 6 She only suggests ways of relaxing outdoors. T/F
- 7 Tanya thinks it's good to spend time away from digital devices. T/F

Score __/7

14 Listen again. Then complete the sentences. Write one or two words in each gap.

- 1 Tanya is an _____ in relaxation techniques.
- 2 She says that people are _____ so they don't always have time to relax.
- 3 She _____ classes for people of all ages.
- 4 Tanya has special classes for students who find their _____ stressful.
- 5 Listening to the sounds of _____ and water helps you to relax.
- 6 Listening to nature is something that _____ can do to relax.
- 7 An American university has shown spending time outdoors helps us to reduce our _____.
- 8 Reading a book is a good _____ to relax.

Score __/8

Speaking

15 Complete the dialogue with the words in the box.

haven't looking on opinion played

- James** Hello. I'm 1 _____ for information about an after-school activity.
- Teacher** Yes, of course. Which activity are you interested in?
- James** The orchestra. I think it's on Wednesday afternoons?
- Teacher** Yes. Have you 2 _____ in an orchestra before?
- James** No, I 3 _____. But I've played the trumpet for two years.
- Teacher** OK. Well, in my 4 _____, the school orchestra is fantastic.
- James** Great. I've got one more question. What time is it 5 _____?
- Teacher** It's from 3:45 pm to 4:30 pm. See you there on Wednesday!
- James** Great, thanks for your help!

Score __/5

16 Work in pairs and act out the dialogues using the prompts in the Speaking task from your teacher.

Score __/5