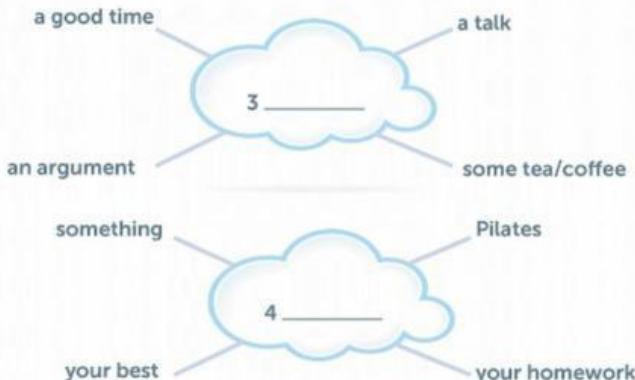
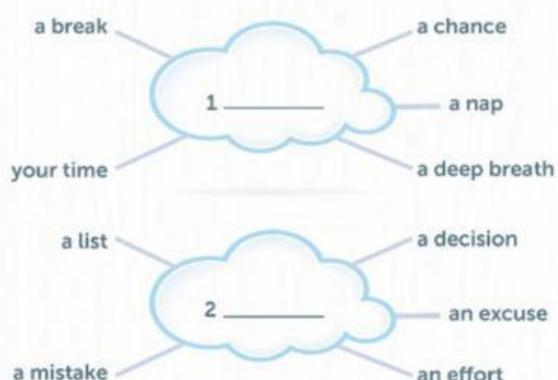


NAME: \_\_\_\_\_

CARNÉ: \_\_\_\_\_

Vocabulary: Collocations page 93

1 1.5 Complete the diagrams with *do, make, have, or take*. Listen and check.

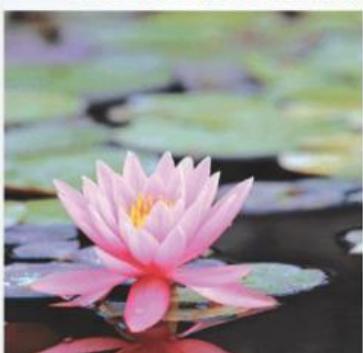


Reading page 6

2 Read the text. Complete the tips with *do, make, have, or take*.

## The best ways to deal with stress

Over 60% of adults say their lives are too stressful. So if you're stressed right now, you should stop for a minute and read our tips—they might be very helpful!



- 1 First, \_\_\_\_\_ a deep breath and give yourself time to think.
- 2 Then \_\_\_\_\_ a list of everything you have to do.
- 3 Next, \_\_\_\_\_ a decision about what you can realistically do today.
- 4 Remember to \_\_\_\_\_ a break every two or three hours.
- 5 You should \_\_\_\_\_ something that makes you feel happy.
- 6 Try to \_\_\_\_\_ a talk with friends and family about the situation.
- 7 And finally, \_\_\_\_\_ your best to eat well, exercise, and get at least eight hours' sleep.

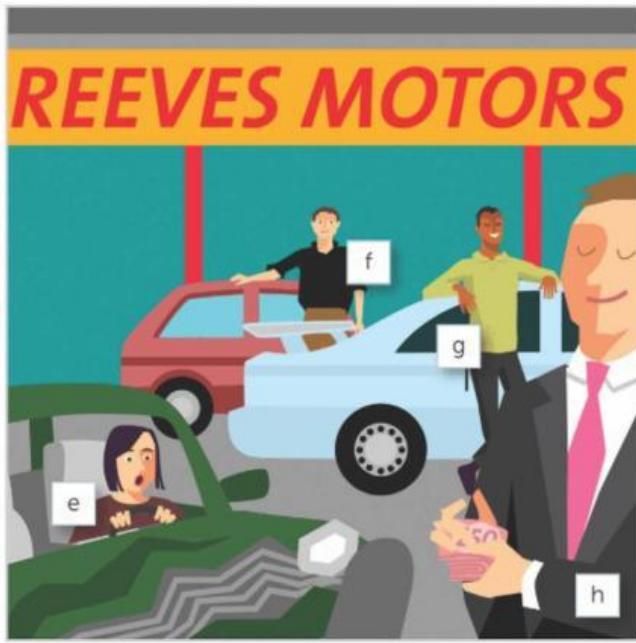
Speaking practice

**What do you do to deal with stress?****I take a deep breath**

## Vocabulary: Emotions and feelings page 94



- 1 Roberto feels very **confident**. He thinks he'll get the job. \_\_\_\_\_
- 2 Mr. Wallace doesn't like his job. He looks **miserable**. \_\_\_\_\_
- 3 Karen isn't worried about the interview. She's very **calm** today. \_\_\_\_\_
- 4 Peter hates interviews. He gets very **nervous**. \_\_\_\_\_



- 5 Kevin's very **proud** of his expensive new car. \_\_\_\_\_
- 6 Joe's **envious** of Kevin's car. He can't afford a new one. \_\_\_\_\_
- 7 Mr. Reeves has made a lot of money. He's **delighted**. \_\_\_\_\_
- 8 Sally's very **upset** because she had a car accident. \_\_\_\_\_



- 9 Vikram loves his job. He's very **cheerful** today. \_\_\_\_\_
- 10 Lucia forgot Jess's birthday, and is one hour late. She feels **guilty**. \_\_\_\_\_
- 11 Jess is celebrating her birthday by herself. She feels very **lonely**. \_\_\_\_\_
- 12 Mr. Lee's **jealous**. He doesn't like his wife talking to Vincent. \_\_\_\_\_

**2** Choose the correct words to complete the sentences.

- 1 I studied really hard for this exam. I'm *proud* / *confident* / *delighted* I will pass.
- 2 Claire's really *calm* / *guilty* / *upset* because her boss invited everyone to a party except her.
- 3 Patrick borrowed his neighbor's coffeemaker and broke it. He feels really *guilty* / *envious* / *miserable*.
- 4 I was *cheerful* / *delighted* / *confident* when I got a pay raise and a promotion at work.
- 5 I moved to the city last year. I see lots of people, but I still feel *envious* / *confident* / *lonely* sometimes.
- 6 My son won a writing competition. I'm very *proud* / *confident* / *delighted* of him.
- 7 My neighbor finishes work at 2:00 p.m. every day. I sometimes feel really *upset* / *envious* / *guilty* of her!
- 8 When she listens to classical music, she always feels very *cheerful* / *confident* / *calm*.
- 9 Jo doesn't like public speaking, but she's going to give a presentation this afternoon. She's really *lonely* / *nervous* / *upset*.
- 10 I feel *miserable* / *jealous* / *guilty*. My train was late, I lost my phone, and now it's starting to rain!

## 1C First conditional

We use the first conditional to talk about the result of a possible future action.

*If you help me with my homework, I'll buy you coffee.*

There are two parts to a first conditional sentence: an *if* clause to describe the possible future action, and the main clause to describe the result.

*If it rains tomorrow, I'll take a taxi to the meeting.*



We can put either clause first with no change in meaning. However, if we put the main clause first, we don't use a comma between the two clauses.

*If I get sick on vacation, I'll feel miserable.*

*I'll feel miserable if I get sick on vacation.*

We form the *if* clause with *if* + simple present, and we form the main clause with *will* + the base form.

1.11	<i>if</i> clause	main clause
+	<b>If I pass</b> my driving test,	I'll <b>buy</b> a car.
-	<b>If they don't invite</b> me to the wedding,	I <b>won't buy</b> them a present.
?	<b>If you take</b> the medicine,	<b>will</b> you <b>feel</b> better?
Y/N	Yes, I <b>will</b> . / No, I <b>won't</b> .	

We can also use *may* or *might* + the base form in the main clause to describe results that we are not sure about.

*If I get the new job in Shanghai, I might move house.*

*She may come to the party if she finishes work early.*

We use *can* + the base form or *will be able to* + the base form in the main clause to say that a result will be possible.

*If I fix my bike, I can ride it to work.*

*He won't be able to bake a cake if he doesn't buy some eggs.*

**Look!** We can also use the imperative in the main clause to give people instructions for possible situations.

*Please tell Carla about the new class if you see her tonight.*

*If you use this computer, don't press this button!*

**1** Choose the correct words to complete the sentences.

- 1 If she *passes* / *'ll pass* all her exams, her dad *is* / *will be* really proud.
- 2 If we *don't* / *won't* hurry up, we *miss* / *'ll miss* the bus.
- 3 I *am* / *'ll* be surprised if his plane *lands* / *will land* on time tonight.
- 4 If he *calls* / *will call*, *don't* / *won't* answer the phone.
- 5 I *tell* / *'ll tell* you a secret if you *promise* / *'ll promise* not to tell anyone.
- 6 She *is* / *'ll* be really disappointed if you *don't* / *won't* go to her party.
- 7 What *do* / *will* you say if he *asks* / *'ll ask* you to marry him?
- 8 If I *get* / *'ll get* lonely, *do* / *will* you give me a call?
- 9 He *'s* / *'ll* be really embarrassed if *he's* / *he'll* be late to his own wedding.
- 10 We *don't* / *may not* have time for lunch if the meeting *doesn't* / *won't* finish soon.
- 11 *Remind* / *Will remind* me if I *forget* / *'ll forget* to call the builder.
- 12 If you *don't* / *won't* leave now, I *call* / *'ll call* the police.

**2** Write first conditional sentences.

- 1 I / write to you / if / I / have time
- 2 if / you / see him / you / give him this message, please?
- 3 she / not get her money back / if / she / lose the receipt
- 4 if / he / not get the job / he / be really miserable
- 5 if / you / not fix your car soon / the police / stop you
- 6 my mom / not forgive me / if / I / not remember her birthday
- 7 if / my phone/ ring / not answer it!
- 8 if / she / move to Italy / you / visit her?
- 9 if / you / go for a walk / it / help you to feel better
- 10 if / he / not get too nervous / he / do well on the exam