

READING COMPREHENSION

Say goodbye to clutter

Help! Your train leaves in fifteen minutes, but you can't find your ticket. After ten minutes you find it under some books and a lot of paper. You **miss** your train.

Is this you? You're not alone. Many people have a problem with clutter. But you **CAN** change this. It's difficult, yes, but you **CAN** do it! First there are some things you need to understand.

3 types of clutter

1 Have you got two of something?

Do you really need both of them?

Keep one and give the other to a friend.



2 It's in your wardrobe, but you never wear it. It's too big for you. Ask yourself, 'Do I really love this?' No? It needs to go.

3 It's in your kitchen cupboard. It's a gift from someone in your family, but you never use it. (It's got the price on the box!) You don't like it, it's too large, and you haven't got any space for it. It goes!



Clear your clutter: 5 top tips

1 Choose one room, or a part of a room, for example a cupboard in your bedroom. It's important to choose a time of day when you've got a lot of energy. Open all the windows and play some loud music! **Turn off** your phone and always finish the job.

2 Maybe you haven't got much time to clean. OK, so spend a short time every day, maybe fifteen minutes. You don't need to spend hours: 'little and often' is best.

3 Every time you **pick up** something, ask yourself two questions: 'Is this useful? Do I love this?' Is the answer to both questions 'yes'? You can keep it.

4 Give yourself a present when you finish. Do you enjoy playing video games? Go and play for an hour. Do you like eating chocolate? Have some chocolate. Sit in a nice, soft chair and relax.

5 And in the future? Don't leave anything on the floor or on tables. Always pick things up and **put** them **away**. Have a place for everything.

Read the text. What do the pictures mean?

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ANSWER THE FOLLOWING QUESTIONS:

1. What are three types of clutter?
2. What's a good time of day to clean up?
3. What two questions are important to ask?
4. Why have chocolate?

Which three ideas in the text do you like best? Why?

A:

B:

C:

D Look at the text again. Complete the sentences with the words in bold.

- 1 You have something and you don't give it to anyone, e.g. I want to this book and read it later.
- 2 You take something from the floor with your hand, e.g. Please your rubbish.
- 3 You put something in its usual place, e.g. After breakfast I always the milk in the fridge.
- 4 To be late for a bus or train, and it leaves without you, e.g. It's eight o'clock. Don't the bus!
- 5 To stop a machine, e.g. Please your phone when you're in the library.