

VOCABULARY

verbs with similar meanings

1 Complete the text with these words.

adapt adjusting made modify re-vamp transformed turning turns



Kick start your day with kindness

I used to be a slob; but that's a thing of the past. I'm a/an ¹ person now! I'm going to ² my diet by shunning all meat products and then completely ³ my cooking repertoire. Some recipes I may just ⁴ by cutting out the meat. I've already ⁵ some sacrifices like ⁶ my salt intake and buying organic. The new me doesn't stop there. I'm ⁷ into a new person. They say kindness makes us feel happier and healthier, and the more the better. I've already changed my daily routine by doing a few good ⁸ , and it feels good.

2 There are seven errors in the text. Find the errors and correct them. The first one has been done for you.

How kindness can change the world

Leon Logothetis has ~~made done~~ a lot of good for people by doing a difference to a lot of people's lives and at times even moving them around.

The former stockbroker has travelled the globe on a vintage yellow motorbike giving people a helping hand and generally making acts of kindness. Leon believes that kindness doesn't have to be materialistic and that doing a hug, giving praise or saying a compliment are acts of kindness than can make a difference.

Leon says that kindness is about showing people that they matter and that we can do this by simply making someone a favour and making someone's day a little bit happier.



Extend

3 Complete the tweets with the correct form of 'do' or 'make'.

#be kind

→ follow

The school library closes at 19.00, but the librarian ¹ an exception for me and let me stay until 19.15.

Someone in the park left a box of tennis balls for dogs to play with today. I ² a double take. I couldn't believe my eyes!

I failed my exams: my mum left me a note saying 'I ³ the best of the rest of the day' and a huge box of chocs. She's a star!

Alice bakes wonderful birthday cakes for her friends. They are delicious and they really ⁴ a mockery of my baking skills.

Chloe is so sweet. We had an argument the other day and then to ⁵ amends she sent me some flowers.

My parents are the BEST. They let me ⁶ my own thing, come and go as I like and they give me no hassle.

4 Find the words / phrases in Ex 3 to match these meanings.

- look twice at something because you are surprised
- improve a bad situation
- exempt someone from a general rule
- compensate for a bad situation
- be obviously superior to something else
- do what you want to do