



1. Read and fill in the blanks.

annoyed positive interested
relaxed embarrassed negative

Colour therapy

How do you feel when you see the colour red? What about the colour green? Many people believe that colours can affect how we feel. Are you (1) _____ in finding out how you can use colour therapy to make you feel better? Well, read on ... If you want to feel (2) _____, choose blue colours for your walls. This colour helps people to feel calm. Avoid strong colours like orange and red because these can make people feel (3) _____. Red is the colour of anger. But red is also connected with feeling (4) _____, because when we blush, our faces become hot and red. Green is a colour that makes people feel (5) _____. It helps you to feel happy and good about the world. But a colour that can make people feel (6) _____ is black. It promotes sadness and feelings of loneliness.

2. Match the two sentence halves.

1. You don't have to buy

2. We mustn't use

3. Luke needn't worry

The students must be

Maria ought to walk away

a. our phones here. It's not allowed.

b. about his presentation.

c. because she feels annoyed with her sister.

d. on time for the exam.

e. me a present.

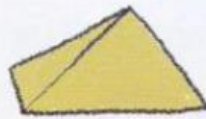
3. Read Holly's diary. Write the nouns in the red boxes, the verbs in the purple boxes, and the past continuous verbs in the green boxes.

stairs waiter pool bed restaurant cakes head bus

~~was~~ pulled arrived stayed did had met brought

was crying was hurting was riding were staying

5th August



Dear Diary,

This **was** the best day of my school holidays. We [red box] at a large hotel near the sea in Egypt with another family. The two dads said they wanted to see the country. The mums were very lazy and decided to lie in the sun by the [red box] at the hotel and Emma [purple box] with them. So the two dads, and all the children, including me had an adventure. We left on a [red box] very early and started our journey into the desert. We [purple box] at the pyramids at midday. It was hot and sunny and the air was very warm. We went on a tour inside the great pyramid. We had to climb lots of [red box] in the dark. I thought it was very exciting!

Near the pyramids we [purple box] a very friendly man. He had eight camels so we all went on a camel ride. I was a bit frightened and held onto its [red box] so I didn't fall. Then, my camel wouldn't move! The man [purple box] it and pushed it and then it started to walk, very slowly. George [green box] his camel very fast when suddenly he fell off. The man helped George but George couldn't stand because his foot [green box]. George [green box] and Dad had to carry him back to the bus.

After the camel ride we were hungry so we went to a [red box] and we [purple box] a meal there. The [red box] was very kind and [purple box] us lots of Egyptian food. Harry ate so many [red box] there! Then it was time to go back. Harry felt really ill on the journey home and when we got back to the hotel he went straight to [red box]! I didn't! Emma and I [purple box] some Egyptian dancing at the hotel. It was great fun!

4. Write a story about the most emotional moments in your life. (More than 150 words)

1. When did that moment happen?

2. Who was there with you?

3. What happened on that day?

4. How did you feel at that time?

