**Fill in the gaps while listening to the audio.**

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Morning, everyone. Quiet, please. Right, OK. So, today I'm going to give you some _____ to help you prepare for the exams next week. So, make some _____ as I'm talking, please. Everybody ready?

Now, while you're studying, eat food that gives you _____. Don't be tempted to eat _____ or drink _____. Sugar won't help you study but _____ and cereals will. Apples, actually, are especially _____.

Find a comfortable place with plenty of _____ when you study. But not *too* comfortable or you'll fall _____!

Try and keep a positive _____. It is easier to study when you are positive and _____. Now, if you start feeling _____, have a little break. Go out for a _____ around the block.

Don't try to learn _____. There isn't time. Just choose the _____ things, the things that'll get you the most _____ in an exam. And if you aren't sure about this, _____ me.

First, learn the main _____ and don't worry too much about the _____. If you have time, you can come back later and read the _____.

Make notes of these key points and read them, then _____ them up and try to _____ all the points. Now, it might be boring, but _____ helps you to remember.

Use past _____ papers to study. They will help you understand what kind of _____ come up. There are plenty of past exam papers in the _____. You can _____ them and take them home.

Take regular _____ while you're studying. A five-minute break every _____ is usually enough. Get some fresh _____ and stretch your arms and _____. Drink a glass of _____ too. It's important to keep _____.

And, last but not least, good _____! I'm sure you'll all do your _____.

LIVEWORKSHEETS