# English Test

## VOCABULARY

1. **Read the text and choose the correct answers about the vocabulary of Sleep.**

> *Teenagers need about nine hours of sleep, but many don't get enough. If you often (a) _____ in class, your body needs more rest. At night, don't spend hours (b) _____ with your phone. If you have trouble (c) _____, read a book until you (d) _____. Some people (e) _____ loudly, and it can wake up the whole family! If you (f) _____ during the night and feel afraid, drink some water and think about something happy. Don't just (g) _____ for hours. In the morning, when the alarm rings, (h) _____ immediately!*

**a.** ( ) snore ( ) yawn ( ) wake up

**b.** ( ) waking up ( ) having a nightmare ( ) lying in bed

**c.** ( ) falling asleep ( ) having dreams ( ) snoring

**d.** ( ) have a nightmare ( ) feel sleepy ( ) get up

**e.** ( ) snore ( ) wake up ( ) lie awake

**f.** ( ) get up ( ) feel sleepy ( ) have a nightmare

**g.** ( ) snore ( ) have dreams ( ) lie awake

**h.** ( ) get up ( ) snore ( ) have dreams

LIVEWORKSHEETS

**2. Read each description and write the correct word according to the vocabulary of Positive Actions.**

**a.** To take care of someone's children while their parents are away: _____

**b.** To give things or money to help a person, organization, or charity: _____

**c.** To collect money for a specific person, organization, or cause: _____

**d.** To offer your time and help without receiving money for it: _____

**e.** To collect and remove trash from a street, park, or other public place: _____

**f.** To create and organize a new activity or initiative to help people or the community: _____

**g.** A place where animals without a home are taken care of: _____

**h.** To help someone with something they need to do: _____

**3. How can we help a senior citizen? Write 3 things we can do to help this person.**

LIVEWORKSHEETS

**4. How can we help an animal shelter? Write 3 things we can do to help this place.**

**5. How can we help poor people? Write 3 things we can do to help them.**

**GRAMMAR**

**6. Read the sentence and choose the correct answer (Past Simple x Present Perfect).**

**a.** I _____ to Japan twice. The first time I went there was in 2019.

( ) went ( ) have been ( ) am going

**b.** Sara _____ a lot of money for the animal shelter last month.

( ) has raised ( ) raised ( ) raises

**c.** They _____ in this city since 2015.

( ) lived ( ) have lived ( ) are living

LIVEWORKSHEETS

**d.** My brother _____ three books this year. He loves reading!

( ) read ( ) has read ( ) was reading

**e.** We _____ our homework yesterday evening.

( ) have finished ( ) finished ( ) finish

**f.** Lucas _____ volunteer work since he was 16.

( ) did ( ) has done ( ) does

**7. Complete the sentences with the verbs in parentheses. Use the Past Simple or the Present Perfect.**

**a.** I _____ (volunteer) at an animal shelter last summer.

**b.** She _____ (never / be) to a homeless shelter.

**c.** We _____ (start) a recycling project in 2022.

**d.** They _____ (live) in Brazil since 2010.

**e.** _____ you ever _____ (babysit) a small child?

**f.** He _____ (not / pick up) litter yesterday.

LIVEWORKSHEETS

**WRITING**

**8. How can we have better sleeping habits? What can we do to improve our sleep?**

Write a **short paragraph** with a minimum of **45 words** answering these questions.

LIVEWORKSHEETS