

1 Wake up your senses!

GRAMMAR

1 Read the sentences below. Read the grammar box and match the sentences to the rules. What is the difference in meaning?

- 1 This year we've **decided** to take on 'The 7 Day Challenge'.
- 2 We've **been doing** the challenge for a few days.

2 Complete the rules E and F with the correct form of the verbs in brackets.

explore grammar

→ p142

present tenses

present simple and present continuous

- A for present habits, facts and repeated actions
Laura **takes** lots of photographs.
- B for actions happening now and changing situations
They're **watching** TV at the moment.
- C with *always* for something that happens often and is usually annoying
Dan's **always forgetting** his homework.
- D to add dramatic interest when telling a story
Imagine this, they **give** me the award and I'm **feeling** so shocked, I **don't** even say thank you!

present perfect simple

- E for states that started in the past and continue now, recently finished actions or past actions with a present result. The focus is on the result.
I ¹ (see) this film before, it's really good.

present perfect continuous

- F for an action that started in the past and is still continuing
Mr Lee ² (teach) us tennis this term.

3 1.1 Watch or listen to four people talking about experiences and routines. Match the speakers with the questions.

- A Do you prefer trying new activities alone or with friends? Why?
- B In general, do you think people are creatures of habit?
- C Do you do any dangerous activities?
- D Do you consider yourself an adventurous person?

4 1.2 Watch or listen again and complete the sentences. Then ask and answer in pairs.

- 1 We everything and we around the world.
- 2 So we on a photography adventure and journey.
- 3 You what? Life is too short!
- 4 I think it on the person, ... you?
- 5 I anything crazy.

5 Read the text. Use the correct present form of these verbs to complete the gaps.

be call find have (x2) not feel not spend say send try

WHAT IS A 'GUT FEELING'?

¹ you ever that sense that something is wrong without knowing why? Sometimes it ² a funny feeling in your stomach or a little voice in your head that ³ you a warning or telling you that something ⁴ right. Gut feelings can also direct us to the help of others. For example, ⁵ a friend ever they're 'fine' but your gut feeling tells you they're not? In most cases our gut feelings are right. Some ⁶ it the body's second brain and throughout history people have been fascinated by this special sense that humans ⁷ For many years scientists ⁸ to discover why we get this feeling or sixth sense but so far there has been no single answer. Interestingly, research ⁹ that people who usually follow their gut feelings, and ¹⁰ a long time making decisions, are generally more content.



Speak up

6 Work in pairs and discuss in what situations you think it is important to follow your gut feeling and why. Compare your opinions with other pairs.

game on

Write two true and one false statement about yourself. The statements should be about something:

- 1 you have tried for the first time this year.
 - 2 you have been wanting to do for ages, but are not brave enough to do.
- In groups, guess which statements are true and which are false.