

Free-time activities

1 Choose the correct free-time activities for the pictures.



- | | | |
|---------------------------|------------------------|---------------------------|
| 1 a hiking | b skateboarding | c creative writing |
| 2 a paddleboarding | b chess | c martial arts |
| 3 a coding | b gaming | c painting |
| 4 a cycling | b coding | c skateboarding |
| 5 a hiking | b bowling | c cycling |
| 6 a martial arts | b cooking | c chess |
| 7 a gaming | b cooking | c bowling |
| 8 a cycling | b coding | c creative writing |
| 9 a painting | b gaming | c martial arts |

2 Complete the mini-dialogues with the free-time activities in the box.

chess coding creative writing martial arts

- A I don't enjoy outdoor activities. I love computers.
 B Same for me! Do you like?
 Let's build an app together.
- A I enjoy quiet indoor activities, especially playing games with one or two friends.
 B Would you like to play?
- A Some people first start doing so that they learn how to protect themselves.
 B Oh, I never thought about that. Good point!
- A Do you like? It's my favourite way to relax.
 B Really? Me too! I love creating new ideas. Why don't we write a story together!

Feelings (nouns and adjectives)

3 Read the sentences. Are the words in bold nouns (N) or adjectives (A)?

- I was **disappointed** that the weather was bad and we weren't able to go hiking. N A
- Don't get **anxious** about the exam tomorrow. I'm sure you'll be fine! N A
- My puppy's little face was full of **guilt** when found my lunch all over the floor! N A
- I wrote an email to my aunt to express my **gratitude** for everything that she does for me. N A
- Do you think our pets get **jealous** when we pay more attention to another person or another animal? N A
- It was such an **embarrassment** for me when I tripped and dropped my lunch in front of everyone at school. N A

4 Choose the adjective or noun to complete the sentences.

- I looked at my perfect maths result in **amazed** / **amazement** I couldn't believe my eyes.
- Do you get **annoyed** / **annoyance** when people in the cinema talk all the way through a film?
- Thank you so much. I'm very **grateful** / **gratitude** to you for all your help with my studies.
- My mum is a director of a company and sometimes I notice that she gets quite **anxiety** / **anxious**.
- It was a big **disappointed** / **disappointment** when our school decided not to organize a trip abroad this year for my class.
- I was so **embarrassment** / **embarrassed** when I spilt coffee all over the table at my cousin's wedding.

Free-time activities

1 Label the pictures with the free-time activities in the box.

bowling chess cooking cycling gaming
hiking paddleboarding painting skateboarding



1



2



3



4



5



6



7



8



9

2 Complete the mini-dialogues with the free-time activities in the box.

chess coding creative writing hiking
martial arts

- 1 A I really like going for walks in nature.
B Me too! Why don't we go
this weekend?
- 2 A I don't enjoy outdoor activities. I love computers.
B Same for me! Do you like?
Let's try to build an app together.
- 3 A I enjoy quiet indoor activities, especially playing
games with one or two friends.
B So do I! Would you like to play
.....?
- 4 A Some people first start doing
..... so that they learn how to
protect themselves.
B Oh, I never thought about that. Good point!
- 5 A Do you like? It's my
favourite way to relax when I have free time.
B Really? Me too! I love thinking of new ideas. Why
don't we write a story together!

Feelings (nouns and adjectives)

3 Complete the sentences with the correct words. Write if the word is a noun (N) or an adjective (A).

- 1 My puppy's face was full of g..... uil..... t when I opened the door and found my lunch all over the floor! ..N..
- 2 Don't feel a..... s about the exam tomorrow. I'm sure you'll be fine!
- 3 I was d..... d that the weather was bad and we weren't able to go hiking.
- 4 I wrote an email to my aunt to express my g..... e for all she does for me.
- 5 Do you think pets get j..... s when we pay attention to another animal?
- 6 It was a huge e..... t for me when I fell into the pool while I was texting!
- 7 My family was a..... d when I prepared a big dinner for everyone. They had no idea I could cook so well!

4 Find the mistakes in the sentences and write the correct words.

- 1 I looked at my perfect maths result in amazed!
I couldn't believe my eyes.
.....
amazement
- 2 Do you get annoyance when people in the cinema talk all the way through a film?
.....
- 3 Thank you so much. I'm very gratitude to you for all your help with my studies.
.....
- 4 My mum is a director of a company and sometimes she gets quite anxiety.
.....
- 5 It was a big disappointed when our school decided not to organize a trip abroad.
.....
- 6 I was so embarrassment when I spilt my coffee at my cousin's wedding.
.....
- 7 I felt so guilt when I lost my sister's camera, but I bought her a new one.
.....

Free-time activities

1 Label the pictures with the correct free-time activities.



1 2 3



4 5 6



7 8 9

2 Correct the mistakes in the mini-dialogues. One mini-dialogue is correct.

- 1 A I don't enjoy outdoor activities. To be honest, I love computers.
B So do I! Do you like cooking? Let's try and build an app together this weekend.
- 2 A I prefer indoor activities, especially board games with one or two friends.
B Same for me! How about a game of creative writing?
- 3 A I'm going cycling tomorrow morning. Would you like to join me?
B Thanks, but I won't come. I don't feel confident in deep water.
- 4 A Why do you love skateboarding so much? Don't you get bored sitting in front of screen all night?
B No, my friends live in different cities, so it's the best way to have fun together!
- 5 A Some people start doing martial arts so that they learn how to protect themselves.
B Oh, I never thought about that. Good point!

3 A friend is coming to visit you. Write them an email suggesting three or four free-time activities you can do together in your area.

.....

Feelings (nouns and adjectives)

4 Complete the sentences with the correct noun or adjective.

- 1 I looked at my perfect maths result in a! I couldn't believe my eyes.
- 2 Do you get a when people in the cinema talk all the way through a film?
- 3 Thank you so much. I feel very g to you for all your help with my studies.
- 4 My mum is a director of a company and sometimes she gets quite a
- 5 It was a big d when our school decided not to organize a trip abroad this year.
- 6 I was so e when I spilt my coffee all over the table at my cousin's wedding.
- 7 I felt so g when I lost my sister's camera, but I bought her a new one.
- 8 Do you think pets get j when their owners pay attention to other animals?
- 9 Was your brother very d not to get that job he applied for?
- 10 The themes of that new film are quite heavy. It's all about love, power and j!

5 Complete the sentences with your own ideas.

- 1 Sometimes I get anxious when
- 2 I was amazed when I first
- 3 I remember I felt so embarrassed
- 4 I don't usually get annoyed, but

Money and shopping

1 Complete the mini-dialogues with the words in the box.

brand cash change checkout
return second-hand special offer

- 1 A Was your bike new when you bought it?
B No, it was, but it's in good condition and cheaper than a new bike.
- 2 A Did you use a credit card to pay for the tickets?
B No, I paid with
- 3 A What's your favourite of trainers?
B I don't really care about the company name – it's the price that I look at first.
- 4 A If there's a problem with this printer, can I it and get another one?
B Yes, but only within 30 days.
- 5 A Excuse me, I think you've given me too much I gave you 10 euros – not 20.
B Oh, that's very honest of you! Thank you.
- 6 A That restaurant has got a this week!
B You're right! We can order two pizzas for the price of one!
- 7 A Excuse me, where can I pay for this?
B The is over there, next to the lift.

2 Complete the sentences with a, b or c.

- 1 We had no idea that the ... of the old painting on our wall was so high!
a cash b order c value
- 2 In this bookshop, if you're student you get 20% ... off everything you buy.
a discount b afford c bargain
- 3 Would you like to make the ... in cash or by card?
a brand b payment c second-hand
- 4 Unfortunately, I can't ... to buy this bag, but this cheaper one will be fine.
a bargain b purchase c afford
- 5 After buying a product, you get a ... that shows the date and the amount you paid.
a receipt b checkout c cash
- 6 Why do some products have so much plastic ... It creates lots of pollution.
a packaging b value c brand

Phrasal verbs

3 Complete the phrasal verbs in the sentences with the correct prepositions.

- 1 Of course I can drive you to the airport. What time would you like me to **pick** you
- 2 As we drove through the city, our tour guide **pointed** the new modern art museum. It looked amazing.
- 3 I cannot believe you **turned** the invitation to meet the national sports team! Why didn't you want to go?
- 4 I always want to **try** shoes before I buy them, and that's why I don't purchase trainers online.
- 5 I was walking through the park, when I **bumped** my teacher from primary school! I haven't seen her for ten years.
- 6 Where do you like to go at the weekend to **hang out** your friends?
- 7 Now that the weather is getting much warmer, I can **do** wearing a coat to school.

4 Complete the sentences with a, b or c.

- 1 You have an amazing imagination! You always ... with fantastic ideas!
a come up with b pick up
c run out of
- 2 Mum, can you ... at school on your way to work this morning?
a hang out with b come up with
c drop me off
- 3 I'm sorry, but I'll have to ... of the basketball competition. I've hurt my knee.
a turn down b drop out
c do without
- 4 I can't write very quickly, so I ... time during the exam and didn't finish it.
a ran out of b counted on
c turned down
- 5 I'm sorry, but I couldn't get any tickets to the festival. They ... so fast!
a sold out b pointed out
c dropped out
- 6 Who do you ... when you need help or support?
a turn down b count on
c drop off

Future: *will* and *going to*

1 Choose the correct sentences.

- 1 (a) I'm tired. I don't think I'll go out tonight.
b I'm tired. I don't think I'm going out tonight.
- 2 a When are you going to buy Tariq's present?
b When do you buy Tariq's present?
- 3 a Look at those dark clouds. It will rain!
b Look at those dark clouds. It's going to rain!
- 4 a I promise I'll call you when I wake up.
b I promise I call you when I wake up.
- 5 a Look out! Those boxes will fall!
b Look out! Those boxes are going to fall!
- 6 a Do you think you'll buy that jacket?
b Do you think you are buying that jacket?

2 Complete the sentences with a or b.

- 1 Next summer, my brother and I ... Paris.
a going to visit (b) are going to visit
- 2 Promise me you ... home early tonight.
a will coming b will come
- 3 What are you ... Mum for her birthday?
a going to buy b going buy
- 4 I probably ... to the party tonight.
a won't go b won't to go
- 5 Of course you ... the exam!
a are going to pass b is going to pass

3 Complete the conversation with the words in the box.

are going to is going to I'll stay ~~will be~~
will feel won't be

- A Hey Luca, what's up? You look sad.
B No, Elena, I'm not sad. I'm feeling a bit disappointed. But don't worry, I ¹ *will be* fine!
- A Why are you disappointed?
B I want to do something for my birthday on Saturday with my friends. But they all have plans!
- A Oh, that's too bad.
B Yeah, Jack ² visit his cousins, and Aysha and her brother ³ stay with their grandparents.
- A I don't think I ⁴ happy all alone on my birthday.
B You ⁵ alone! You've got me! I promise ⁶ home with you!

Future: present simple and continuous

4 Choose the correct words to complete the sentences.

- 1 We can use the present continuous / present simple to talk about future arrangements.
- 2 We can use the present continuous / present simple to talk about facts in the future.
- 3 We can use the present continuous / present simple to talk about definite events in the future, such as travel timetables.
- 4 We often use the present continuous / present simple to ask about people's plans.

5 Choose the present simple or present continuous. Use exercise 4 to help you.

- 1 My flight doesn't leave / isn't leaving early in the morning, so let's go out tonight.
- 2 We **are having** / have a party tonight. Are you free to join us?
- 3 Our train **arrives** / is arriving at the station after midnight.
- 4 I'm **meeting** / meet some friends tomorrow after class. Would you like to come?
- 5 The film **starts** / is starting at 2.30 this afternoon.
- 6 The exams **begin** / are beginning next Tuesday.

6 Write the negative form of the sentences.

- 1 It's Kyra's birthday on Saturday.
It isn't Kyra's birthday on Saturday.
- 2 I'm meeting my friends after school today.
.....
- 3 The shop opens at ten o'clock tomorrow.
.....
- 4 The music festival ends on Sunday.
.....
- 5 We're going to the match tomorrow.
.....

Future: *will* and *going to*

1 Complete the sentences with a, b or c.

- Next summer my brother and I ... Paris. We've planned everything already!
 - a will visit
 - (b) are going to visit**
 - c visit
- Promise me you ... home early tonight.
 - a come
 - b will come**
 - c are coming
- What ... buy Mum for her birthday? You said you have a nice idea for a present.
 - a are you going to
 - b do you**
 - c will you
- I probably ... to the party tonight. I need to get up early tomorrow morning.
 - a don't do
 - b am not going**
 - c won't go
- Don't worry! I ... you with your maths homework.
 - a am helping
 - b will help**
 - c help

2 Read the sentences then write the negative form (-) or the question form (?).

- Mike is going to buy a new bike this weekend.
(?) *Is Mike going to buy a new bike this weekend?*
- Sara will help me get dinner ready.
(-)
- We're going to see that film tonight.
(-)
- The concert will start on time.
(?)

3 Complete the conversation using the correct form of the verbs in brackets.

- A** Hey Luca, what's up? You look sad.
- B** No, Elena, I'm not sad. I'm feeling a bit disappointed. Don't worry! I
 1 (be) fine. I wanted to do something for my birthday on Saturday, but all my friends have other plans.
- A** Oh, that's too bad.

- B** Yes, Jack 2 (visit) his cousins, and Aysha and her brother 3 (stay) with their grandparents. I don't think I
 4 (feel) happy being alone on my birthday.
- A** You 5 (not be) alone. You've got me! I promise I 6 (hang out) with you.
- B** Hey? Why are you smiling like that? Is there
 7 (be) a surprise party?
- A** You 8 (have to) wait and see ...

Future: present simple and continuous

4 Complete the sentences with a, b, c or d.

- We can use the present continuous to talk about For example, 'I'm having a music lesson this afternoon.'
 - We can also use the present continuous to ask about For example, 'What are you doing this evening?'
 - We can use the present simple to talk about For example, 'It's our teacher's birthday on Monday.'
 - We often use the present simple to talk about facts in the future, such as For example, 'Our train leaves at 8 pm.'
- a people's plans.
 b future arrangements.
 c schedules or timetables.
 d definite events in the future.

5 Choose the correct tense for the questions. Then complete the short answers.

- Are you coming / Do you come** to the concert this evening?
 Yes, I
- Does your bus leave / Is your bus leaving** before ours?
 No, it
- Are you having / Do you have** a party next weekend?
 No, I
- Are you and your family going / Do you and your family go** to Rome next year?
 Yes, we

Future: *will* and *going to*

1 Complete the conversation using the correct form of the verbs in brackets.

- A Hey Luca, what's up? You look sad.
- B No, Elena, I'm not sad, but to be honest, I'm feeling a bit disappointed. But it's no big deal. Don't worry, I ¹..... (be) fine.
- A Disappointed? Why?
- B I wanted to hang out with my friends for my birthday on Saturday. But this year they all have other plans.
- A Oh, that's too bad.
- B Yes, Jack ²..... (visit) his cousins tomorrow, and Aysha and her brother ³..... (stay) with their grandparents this weekend. I doubt if I ⁴..... (feel) happy being alone on my birthday.
- A Luca, don't worry! You ⁵..... (not be) alone. You've got me – your favourite sister! I promise I ⁶..... (hang out) with you.
- B Favourite sister? You're my *only* sister! Hey, what's going on? Why are you smiling like that?
- A Oh! I don't know what you're talking about.
- B Are you hiding something from me?
- A Shh! I mustn't tell you anything!
- B Oh! There's ⁷..... (be) a surprise party for me, isn't there?
- A You ⁸..... (have to) wait and see...
- B Oh, wow! Don't worry! I ⁹..... (pretend) to be surprised.
- A Luca! Promise me you ¹..... (say) anything to the others!

2 Write about a future plan you have. Describe what you're going to do, where, when and who with. Choose the correct tense to use.

.....

.....

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Future: present simple and continuous

3 Complete the sentences with the words in the box.

definite facts future arrangements
people's plans

- 1 We can use the present continuous to talk about
 - 2 We can use the present simple to talk about in the future.
 - 3 We can use the present simple to talk about events in the future.
 - 4 We often use the present continuous to ask about
- 4 Read the sentences and use the information in exercise 3 to decide what meaning is expressed. Some sentences have two answers.
- 1 Your bus leaves fifteen minutes before ours. 2/3
 - 2 Are you coming to the concert this evening?
 - 3 Reece starts his guitar lessons next Monday.
 - 4 I'm having a birthday party next weekend. Can you come?
 - 5 It's my mum's birthday tomorrow.
 - 6 Are you and your family going to Rome for a holiday next summer?
 - 7 The chess competition starts next Friday.
 - 8 Most of my friends are meeting after school today at the café.

5 Complete the sentences using the verbs in brackets in the present simple or present continuous form.

- 1 My flight (leave) early in the morning, so let's go out tonight.
- 2 We (have) a party tonight. Are you free to join us?
- 3 Our train (arrive) at the station after midnight.
- 4 I (meet) some friends tomorrow after class. Would you like to come?
- 5 The film (start) at 2.30 this afternoon.
- 6 The exams (begin) next Tuesday.

1 Read Mina's article. Complete the article with sentences a–f.

Hi everyone!

Today's article is about our mental wellbeing – and laughing!

Did you know that laughter can help with anxiety and stress? The benefits of laughing hard are fascinating. I recently did some laughter exercises, and in just 15 minutes, I felt happier and more relaxed.

I'll tell you about an experiment I did with three friends, but first, here's some background info on laughter. ¹..... On the first Sunday in May, thousands of people, in over 100 countries, get together to laugh. ².....

So, how is laughter good for our health? When we laugh, our muscles relax, and we breathe deeply. 'Old' oxygen leaves our lungs when we breathe out, and we breathe in 'fresh' oxygen. There's no need to practice deep breathing. ³.....

Also, our bodies probably don't notice any difference between 'fake' laughter and real laughter. Maybe you'll pretend to laugh, but quickly the laughter becomes real.

So, back to my experiment. My friends, Rosa, Tom and Ben have very different personalities. Rosa loves being outdoors. Hiking, paddle-boarding and cycling are her favourite ways to relax. Tom is the complete opposite. ⁴..... He loves cooking, creative writing and painting. Ben is into computers. He loves coding, gaming and playing chess online. And me? ⁵..... I've done karate for years!

I wanted to find out how these three different people felt after doing the laughing exercises. The exercises aren't complicated. You just shake or clap your hands and begin laughing. It felt a bit fake at first, but we kept going. ⁶..... After 15 minutes, we were crying because we were laughing so hard! Everyone felt happier and full of energy. So different people all benefit from laughing hard. And they want to do the laughing exercises with their families!



- a I love martial arts.
- b And they often laugh in public spaces!
- c Have you ever heard of World Laughter Day?
- d It happens naturally when you laugh.
- e He's happier alone in quiet, indoor spaces.
- f The result was amazing!

2a Label the pictures with the words in the box.
Read the article again and write the person who does each free-time activity.

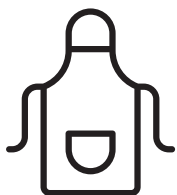
chess cooking cycling gaming ~~hiking~~
painting



1 *hiking*
..... *Rosa*



2
.....



3
.....



4
.....



5
.....



6
.....

2b Which person is missing from 2a? What free-time activity do they do?
.....

3 Read the article again. Are these sentences true (T) or false (F)?

- 1 Mina benefitted from the laughing exercises. T F
- 2 Only 100 people celebrate World Laughter Day. T F
- 3 Laughing helps us breathe deeply. T F
- 4 Rosa loves outdoor activities. T F
- 5 Tom doesn't like being alone. T F
- 6 Ben can't play chess. T F
- 7 The laughing exercises are easy to do. T F
- 8 The friends started crying because they were sad. T F

4 Answer the questions. Write full sentences.

- 1 What does Mina feel about the power of laughter?
.....
.....
.....
- 2 Imagine you see a group of people doing laughing exercises in a park or public space. Write two or three questions you would like to ask them.
.....
.....
.....
- 3 What is your personal opinion about the positive effects of laughing deeply?
.....
.....
.....
- 4 Would you try like to try the laughing exercises with friends? Why/Why not?
.....
.....
.....

2a Label the pictures with words from the article.
Write the person who does each free-time activity.



1



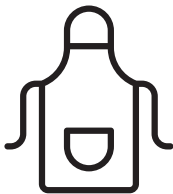
2



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4



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6

2b Which person is missing from 2a? What free-time activity do they do?

.....

3 Read the article again. Are these sentences true (T), false (F) or not given (NG)?

- 1 Mina benefitted from the laughing exercises. T F NG
- 2 Only 100 people celebrate World Laughter Day. T F NG
- 3 Laughing helps us breathe deeply. T F NG
- 4 Rosa usually goes cycling alone. T F NG
- 5 Tom doesn't like being alone. T F NG
- 6 Ben can cook very well. T F NG
- 7 Mina started martial arts a few months ago. T F NG
- 8 The laughing exercises are difficult to do. T F NG
- 9 The friends laughed for over half an hour. T F NG
- 10 Mina's friends are going to tell other people about the laughing exercises. T F NG

4 Answer the questions. Write full sentences.

- 1 What does Mina feel about the power of laughter?
.....
.....
.....
- 2 Imagine you see a group of people doing laughing exercises in a park or public space. Write two or three questions you would like to ask them.
.....
.....
.....
- 3 What is your personal opinion about the positive effects of laughing deeply?
.....
.....
.....
- 4 Would you try like to try the laughing exercises with friends? Why/Why not?
.....
.....
.....

2 Label the pictures with words from the article. Then write the benefits of doing each activity, in your opinion.



1

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2

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5

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6

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3 Read Mina's article and answer the questions.

1 What is Mina's article about?

.....

.....

2 What is Mina's attitude to the power of laughter?

.....

.....

3 What happens on the first Sunday in May?

.....

.....

4 What does Mina say the benefits of laughing are?

.....

.....

5 What experiment did Mina do with her friends?

.....

.....

6 Why did Mina include details about her friends?

.....

.....

4 Answer the questions. Write full sentences.

1 What does Mina feel about the power of laughter?

.....

.....

.....

2 Imagine you see a group of people doing laughing exercises in a park or public space. Write two or three questions you would like to ask them.

.....

.....

.....

3 What is your personal opinion about the positive effects of laughing deeply?

.....

.....

.....

4 Would you try like to try the laughing exercises with friends? Why/Why not?

.....

.....

.....

Unit 5 LISTENING

Name

Prepare

- 1 You are going to hear Mateo talking to his father. His father has had a difficult day. Mateo suggests a way to relax and feel less stressed. Discuss what you think Mateo's suggestion will be.

BASIC ★

- 2 05 Listen to the conversation. Choose the noun or adjective to complete the sentences.
- When I heard about the bus strike, I was so annoyed / annoyance!
 - The first time I did this, I felt **embarrassed** / **embarrassment**, too.
 - I promise you! You won't be **disappointment** / **disappointed**.
 - Mateo, it works! I'm **amazed** / **amazement**!
 - Thank you! I feel happier and my **anxiety** / **anxious** has gone!
 - I'm sure they'll be full of **grateful** / **gratitude**, Dad!
- 3 05 Listen again. Are the sentences true (T) or false (F)?
- Mateo's father woke up late today. T F
 - He left for work at 5 am today. T F
 - There weren't any buses today. T F
 - Mateo's father took 30 minutes to get to work. T F
 - Mateo's father felt happier after laughing. T F
 - Mateo's father wants to tell people about the laughter exercises. T F

STANDARD ★★

- 2 05 Listen to the conversation. Complete the sentences with the words in the box.
- amazed annoyed anxiety disappointed
embarrassed gratitude
- When I heard about the bus strike, I was so
 - The first time I did this, I felt, too.
 - I promise you! You won't be
 - Mateo, it works! I'm
 - Thank you! I feel happier and my has gone!
 - I'm sure they'll be full of
- 3 05 Listen again. Answer the questions with one or two words.
- What time did Mateo's father leave for work today?
.....
 - Were the buses working today?
.....
 - How did he finally get to work?
.....
 - How long did it take?
 - How did Mateo's father feel after laughing?
.....
 - Mateo's father wants to tell people about the laughter exercises? Who are they?
.....

CHALLENGE ★★★

- 2 05 Listen to the conversation. Complete the sentences with the correct words.
- When I heard about the bus strike, I was so
 - The first time I did this, I felt, too.
 - I promise you! You won't be
 - Mateo, it works! I'm
 - Thank you! I feel happier and my has gone!
 - I'm sure they'll be full of
- 3 05 Listen again. Answer the questions.
- What time did Mateo's father leave for work?
.....
 - What was the problem with the buses?
.....
 - How did he finally get to work?
.....
 - How long did it take him to get to work?
.....
 - How did Mateo's father feel after laughing?
.....

VOCABULARY WORKSHEETS

Unit 4

BASIC ★

Ex 1

1 c 2 e 3 a 4 d 5 b

Ex 2

1 a 2 b 3 a 4 b 5 a 6 b 7 b

Ex 3

1 continue 2 find 3 arrive
4 stop using 5 wait

Ex 4

1 out 2 over 3 off 4 out 5 to 6 up

Ex 5

1 deal with 2 hold on 3 going though
4 come across 5 give up 6 carry on

STANDARD ★★

Ex 1

1 c 2 e 3 a 4 f 5 d 6 b

Ex 2

1 b 2 b 3 c 4 a 5 b 6 c 7 c 8 b

Ex 3

1 go through 2 come across 3 deal with
4 turn to 5 show up 6 carry on
7 give up 8 hold on

Ex 4

1 reach out 2 hold on 3 going through
4 came across 5 give up 6 carry on

CHALLENGE ★★★

Ex 1

1 mute 2 block 3 bookmark 4 delete
5 scroll 6 download 7 tap

Ex 2

Students' own answers

Ex 3

1 go through 2 come across 3 deal with
4 turn to 5 show up 6 carry on
7 give up 8 hold on

Ex 4

1 reach out 2 hold on 3 going through
4 come across 5 deal with 6 give up
7 come over

Ex 5

Students' own answers

Unit 5

BASIC ★

Ex 1

1 a 2 a 3 c
4 c 5 b 6 c
7 b 8 a 9 b

Ex 2

1 coding 2 chess 3 martial arts
4 creative writing

Ex 3

1 A 2 A 3 N 4 N 5 A 6 N

Ex 4

1 amazement 2 annoyed 3 grateful
4 anxious 5 disappointment 6 embarrassed

STANDARD ★★

Ex 1

1 gaming 2 cooking 3 bowling
4 paddleboarding 5 skateboarding 6 chess
7 hiking 8 painting 9 cycling

Ex 2

1 hiking 2 coding 3 chess
4 martial arts 5 creative writing

Ex 3

1 guilt N 2 anxious A 3 disappointed A
4 gratitude N 5 jealous A 6 embarrassment N
7 amazed A

Ex 4

1 ~~amazed~~, amazement
2 ~~annoyance~~, annoyed
3 ~~gratitude~~, grateful
4 ~~anxiety~~, anxious
5 ~~disappointed~~, disappointment
6 ~~embarrassment~~, embarrassed
7 ~~guilt~~, guilty

CHALLENGE ★★★

Ex 1

1 painting 2 chess 3 cooking
4 paddleboarding 5 gaming 6 skateboarding
7 bowling 8 hiking 9 cycling

VOCABULARY WORKSHEETS

Ex 2

- 1 ~~cooking~~, coding
- 2 ~~creative writing~~, chess
- 3 ~~cycling~~, paddleboarding
- 4 ~~skateboarding~~, gaming
- 5 (correct)

Ex 3

Students' own answers

Ex 4

- 1 amazement 2 annoyed 3 grateful
- 4 anxious 5 disappointment 6 embarrassed
- 7 guilty 8 jealous 9 disappointed
- 10 jealousy

Ex 5

Students' own answers

Unit 6

BASIC ★

Ex 1

- 1 V 2 V 3 N 4 N 5 V 6 N

Ex 2

- 1 cash 2 change 3 brand
- 4 return 5 second-hand

Ex 3

- 1 b 2 a 3 b 4 b

Ex 4

- 1 d 2 a 3 b 4 e 5 g 6 c

Ex 5

- 1 a 2 a 3 b 4 b 5 a 6 a

STANDARD ★★

Ex 1

- 1 second-hand 2 cash 3 brand 4 return
- 5 change 6 special offer 7 checkout

Ex 2

- 1 c 2 a 3 b 4 c 5 a 6 a

Ex 3

- 1 up 2 out 3 down 4 on
- 5 into 6 with 7 without

Ex 4

- 1 a 2 c 3 b 4 a 5 a 6 b

CHALLENGE ★★★

Ex 1

- 1 brand 2 return 3 change 4 special offer
- 5 (correct) 6 value 7 afford 8 discount

Ex 2

Students' own answers

Ex 3

- 1 down to 2 drop me off 3 drop out of
- 4 ran out of 5 sold out 6 try on
- 7 catch up with 8 drop me off
- 9 pointed out 10 turned down

Ex 4

Students' own answers

Unit 7

BASIC ★

Ex 1

- 1 choir 2 stage 3 audience 4 costumes
- 5 gig 6 busker

Ex 2

- 1 b 2 a 3 b 4 a 5 a 6 b 7 a

Ex 3

- 1 singer 2 hall 3 floor 4 life
- 5 lesson 6 dancing 7 system

Ex 4

- 1 c 2 b 3 a 4 d 5 f 6 e

Ex 5

- 1 drum kit 2 social life 3 heavy metal
- 4 ballroom dancing

STANDARD ★★

Ex 1

- 1 gig 2 busker 3 choir 4 costumes
- 5 audience 6 stage

Ex 2

- 1 gig 2 audience 3 lyrics 4 stage
- 5 dance routines 6 lip synced
- 7 music video 8 album

Ex 3

- 1 concert 2 singer 3 life 4 band 5 floor
- 6 musician

GRAMMAR WORKSHEETS

Unit 4

BASIC ★

Ex 1

- 1 Can 2 allowed to 3 mustn't 4 can't
5 aren't allowed 6 must 7 don't have

Ex 2

- 1 I 2 I 3 I 4 C 5 I 6 C 7 I

Ex 3

- 1 can 2 have to 3 mustn't 4 Do you have to
5 don't have to 6 not allowed to 7 has to

Ex 4

- 1 modal verbs 2 must be 3 can't be
4 (in any order) could be, may be, might be

Ex 5

- 1 b 2 b 3 a 4 a 5 b 6 a

STANDARD ★★

Ex 1

- 1 c 2 a 3 a 4 b 5 c

Ex 2

- 1 can 2 have to 3 mustn't / can't
4 Do, have to 5 don't have to
6 not allowed to 7 has to 8 wasn't allowed to

Ex 3

Students' own answers

Ex 4

- 1 c 2 d 3 b 4 a

Ex 5

- 1 must 2 can't 3 might 4 can't 5 must
6 could 7 might 8 can't

CHALLENGE ★★★

Ex 1

- 1 c 2 a 3 a 4 b 5 c 6 a

Ex 2

- 1 can
2 have to, must
3 mustn't, can't
4 Do, have to
5 don't have to
6 isn't allowed to
7 has to
8 wasn't allowed to
9 wasn't, allowed to
10 didn't have to
11 couldn't, wasn't allowed to

Ex 3

Students' own answers

Ex 4

- 1 modal 2 must be 3 can't be
4 (in any order) could be, may be, might be

Ex 5

- 1 must 2 can't 3 might 4 can't
5 must 6 could 7 might 8 can't

Unit 5

BASIC ★

Ex 1

- 1 a 2 a 3 b 4 a 5 b 6 a

Ex 2

- 1 b 2 b 3 a 4 a 5 b 6 a

Ex 3

- 1 will be 2 is going to 3 are going to
4 will feel 5 won't be 6 I'll stay

Ex 4

- 1 present continuous 2 present simple
3 present simple 4 present continuous

Ex 5

- 1 doesn't leave 2 are having 3 arrives
4 I'm meeting 5 starts 6 begin

Ex 6

- 1 It isn't Kyra's birthday on Saturday.
2 I'm not meeting my friends after school today
3 The shop doesn't open at ten o'clock tomorrow
4 The music festival doesn't end on Sunday.
5 We aren't going to the match tomorrow.

STANDARD ★★

Ex 1

- 1 b 2 b 3 a 4 c 5 b

Ex 2

- 1 Is Mike going to buy a new bike this weekend?
2 Sara won't / will not help me get dinner ready.
3 We're not / We aren't going to see that film tonight.
4 Will the concert start on time?

Ex 3

- 1 will be
2 is going to visit
3 are going to stay
4 will feel
5 won't be / aren't going to be
6 will hang out
7 going to be
8 will have to

GRAMMAR WORKSHEETS

Ex 4

1 b 2 a 3 d 4 c

Ex 5

- 1 Are you coming – am
- 2 Does your bus leave – doesn't
- 3 Are you having – 'm not
- 4 Are you and your family going – are

CHALLENGE ★★★

Ex 1

- 1 will be 2 is going to visit 3 are going to stay
- 4 will feel 5 won't be 6 will hang out
- 7 going to be 8 will have to 9 will pretend
- 10 won't say

Ex 2

Students' own answers

Ex 3

- 1 future arrangements 2 facts
- 3 definite 4 people's plans

Ex 4

- 1 2/3 2 4 3 2/3 4 1 5 2/3
- 6 4 7 2/3 8 1

Ex 5

- 1 doesn't leave 2 are having 3 arrives
- 4 I'm meeting 5 starts 6 begin

Unit 6

BASIC ★

Ex 1

- 1 e 2 c 3 g 4 a 5 b 6 f 7 h 8 d

Ex 2

- 1 a 2 b 3 b 4 a 5 a 6 b 7 b

Ex 3

- 1 won 2 would buy 3 gave 4 would
- 5 bought 6 get

Ex 4

- 1 C 2 I 3 I 4 C 5 I 6 I

Ex 5

- 1 a 2 b 3 a 4 b 5 b 6 a

STANDARD ★★

Ex 1

- 1 a 2 b 3 c 4 a 5 b 6 c 7 a

Ex 2

- 1 put 2 will not / won't eat 3 make
- 4 will have 5 cook 6 won't eat 7 make
- 8 will, be

Ex 3

- 1 won 2 would buy 3 gave 4 go
- 5 bought 6 get 7 had 8 would ride

Ex 4

- 1 see, saw
- 2 ~~have~~, had
- 3 ~~walking~~, walk
- 4 (correct)
- 5 ~~would moved~~, moved
- 6 go, went
- 7 ~~will~~, would
- 8 going, would go

Ex 5

Students' own answers

CHALLENGE ★★★

Ex 1

- 1 go, will visit
- 2 are, will come over
- 3 will buy, doesn't have
- 4 won't go, starts
- 5 will invite, see
- 6 come, will cook
- 7 finds out, won't be
- 8 don't go, will be

Ex 2

- 1 put 2 will not, won't eat 3 make
- 4 will have 5 cook 6 won't eat 7 make
- 8 will, be 9 add 10 will taste

Ex 3–Ex 4

Students' own answers

Unit 7

BASIC ★

Ex 1

- 1 c 2 b 3 a 4 c 5 c 6 b

Ex 2

- 1 is owned 2 are made 3 isn't used
- 4 aren't paid 5 used 6 sold

Ex 3

- 1 a 2 b 3 b 4 a 5 b 6 a

Ex 4

- 1 was stolen 2 were seen 3 wasn't discovered
- 4 weren't hurt 5 taken 6 broken

READING WORKSHEETS

Ex 4

Students' own answers

CHALLENGE ★★★

Ex 1

1 c 2 a 3 e 4 b 5 f 6 d

Ex 2

1 destination 2 accommodation 3 budget
4 resort 5 hostel 6 day trip 7 crowded
8 unspoilt 9 historic 10 touristy

Ex 3–Ex 4

Students' own answers

Unit 3

BASIC ★

Ex 1

1 b 2 a 3 c 4 b

Ex 2

1 a 2 b 3 a 4 b 5 b

Ex 3

1 T 2 F 3 T 4 F 5 F 6 T
7 T 8 T 9 F

Ex 4

Students' own answers

STANDARD ★★

Ex 1

1 b 2 a 3 c 4 b

Ex 2

1 b 2 b 3 a 4 c 5 b

Ex 3

1 T 2 F 3 T 4 NG 5 F 6 T

Ex 4

Students' own answers

CHALLENGE ★★★

Ex 1

1 b 2 a 3 c 4 b

Ex 2

Suggested answers:

- 1 ... start a project to raise awareness or raise money for a cause that you think is important.
- 2 Students' own answers
- 3 ... want your actions to improve or change a situation in a positive way.
- 4 ... want to make society fair and equal for everyone.

- 5 ... that you help them understand an issue or a problem to then do something positive about it.
- 6 ... a large painting on a wall, usually outdoors.
- 7 ... live in a group of people who care about each other and do things to help each other.

Ex 3–Ex 4

Students' own answers

Unit 4

BASIC ★

Ex 1

A 5 B 2 C 1 D 3

Ex 2

1 b 2 a 3 a 4 b 5 b 6 a

Ex 3

1 T 2 F 3 T 4 T 5 F 6 F 7 T 8 T

Ex 4

Students' own answers

STANDARD ★★

Ex 1

A 5 B 2 C 1 D 3

Ex 2

1 b 2 c 3 a 4 b 5 b 6 c

Ex 3

1 T 2 T 3 F 4 T 5 T 6 NG 7 F
8 NG 2 T

Ex 4

Students' own answers

CHALLENGE ★★★

Ex 1

A 5 B 2 C 1 D 3

Ex 2

1 f 2 g 3 a 4 i 5 c 6 e 7 b
8 d 9 h

Ex 3–Ex 4

Students' own answers

Unit 5

BASIC ★

Ex 1

1 c 2 b 3 d 4 e 5 a 6 f

Ex 2a

- 1 hiking – Rosa 2 gaming – Ben
- 3 cooking – Tom 4 cycling – Rosa
- 5 painting – Tom 6 chess – Ben

READING WORKSHEETS

Ex 2b

Mina – martial arts

Ex 3

1 T 2 F 3 T 4 T 5 F 6 F 7 T 8 F

Ex 4

Students' own answers

STANDARD ★★

Ex 1

1 c 2 b 3 d 4 e 5 a 6 f

Ex 2a

1 painting – Tom 2 gaming – Ben
3 chess – Ben 4 hiking – Rosa
5 cooking – Tom 6 cycling – Rosa

Ex 2b

Mina – martial arts

Ex 3

1 T 2 F 3 T 4 NG 5 F 6 NG 7 F
8 F 9 NG 10 T

Ex 4

Students' own answers

CHALLENGE ★★★

Ex 1

1 c 2 b 3 d 4 e 5 a 6 f

Ex 2

1 cooking 2 cycling 3 chess 4 gaming
5 painting 6 hiking
Plus students' own answers

Ex 3

- 1 The power and benefits of laughing hard, an experiment she did with different friends.
- 2 She feels very positive about the laughter exercises.
- 3 People around the world gather together to celebrate World Laughter Day – and laugh.
- 4 Deep breathing, improves your mood, feel more relaxed and happier after laughing.
- 5 She invited three friends to do the laughter exercises with her.
- 6 To show that although her three friends were quite different people, their response to the laughing hard was very similar.

Ex 4

Students' own answers

Unit 6

BASIC ★

Ex 1

1 T 2 F 3 F 4 T

Ex 2

1 discount 2 bargain 3 value 4 afford
5 brand 6 purchase 7 payment

Ex 3

1 b 2 a 3 a 4 b 5 b 6 a 7 a

Ex 4

Students' own answers

STANDARD ★★

Ex 1

1 T 2 F 3 F 4 T

Ex 2

1 value 2 bargain 3 afford 4 brand
5 purchase 6 discount 7 payment
8 special offer

Ex 3

1 b 2 a 3 c 4 b 5 c 6 a 7 a
8 c 9 a

Ex 4

Students' own answers

CHALLENGE ★★★

Ex 1

1 T 2 F 3 F 4 T

Ex 2

1 value 2 bargain 3 afford 4 brand
5 purchase 6 discount 7 payment
8 special offer 9 high-end 10 abandoned

Ex 3–Ex 4

Students' own answers

Unit 7

BASIC ★

Ex 1

a

Ex 2

1 b 2 a 3 a 4 b 5 b 6 a

Ex 3

1 T 2 F 3 T 4 T 5 F 6 T 7 T 8 T

Ex 4

Students' own answers

LISTENING WORKSHEETS

Ex 3

- 1 in two weeks' time
- 2 They are very positive about the design.
- 3 No, they think people will love it.
- 4 love, trust, safety, respect
- 5 blue, green, orange, yellow

Unit 4

Prepare

Ex 1

Students' own answers

BASIC ★

Ex 2

- 1 across 2 up 3 out 4 up
- 5 through 6 with

Ex 3

- 1 coding 2 children 3 the mountains
- 4 50 5 art 6 funny

STANDARD ★★

Ex 2

- 1 across 2 up 3 out 4 up
- 5 through 6 with

Ex 3

- 1 coding 2 children 3 mountains
- 4 50 / fifty 5 art 6 funny

CHALLENGE ★★★

Ex 2

- 1 across 2 up 3 on 4 out 5 up
- 6 through 7 with

Ex 3

- 1 computers, coding 2 children, maths
- 3 city, mountains 4 best, 50 / fifty
- 5 art, design 6 funny, laugh

Unit 5

Prepare

Ex 1

Students' own answers

BASIC ★

Ex 2

- 1 annoyed 2 embarrassed 3 disappointed
- 4 amazed 5 anxiety 6 gratitude

Ex 3

- 1 T 2 F 3 T 4 F 5 T 6 T

STANDARD ★★

Ex 2

- 1 annoyed, adjective 2 embarrassed, adjective
- 3 disappointed, adjective 4 amazed, adjective
- 5 anxiety, noun 6 gratitude, noun

Ex 3

- 1 6 am
- 2 no
- 3 by train
- 4 one hour
- 5 happier / more relaxed / no anxiety
- 6 his colleagues

CHALLENGE ★★★

Ex 2

- 1 annoyed 2 embarrassed 3 disappointed
- 4 amazed 5 anxiety 6 gratitude

Ex 3

- 1 He left for work at 6 am.
- 2 The buses weren't working. / They were on strike. / There was a bus strike.
- 3 He got to work by train.
- 4 It took him one hour to get to work.
- 5 He felt happier / more relaxed / less anxious / had no anxiety.

Unit 6

Prepare

Ex 1

Students' own answers

BASIC ★

Ex 2

- 1 on 2 of 3 with 4 on 5 without

Ex 3

- 1 online 2 uncomfortable 3 with his friends
- 4 a job 5 shouldn't buy so many 6 used

STANDARD ★★

Ex 2

- 1 on 2 of 3 with 4 out
- 5 on 6 without

Ex 3

- 1 online 2 uncomfortable 3 with friends
- 4 but doesn't buy 5 shouldn't buy so many
- 6 used

AUDIO SCRIPTS

Unit 5 Listening

05 Listening 5

Mateo Hi Dad! I'm home!

Dad Hi.

Mateo What's up?

Dad What do you mean?

Mateo You don't look happy. Did you have a difficult day?

Dad Yes! First, I woke up late! I usually leave at 5 am but I didn't hear the alarm! I left at six this morning ...

Mateo ... and there were no buses today.

Dad I know! When I heard about the bus strike, I was so annoyed!

Mateo How did you get to work?

Dad By train – it took an hour. So yes, I've had a stressful day!

Mateo I've got an idea. Dad, it's time for you to laugh!

Dad Laugh? Now? I don't feel like laughing.

Mateo I promise you! You won't be disappointed. OK, start shaking your hands like this ...

Dad Like this?

Mateo Perfect! Now let's laugh together!

Dad What are we doing?

Mateo The first time I did this, I felt embarrassed too!

Dad Mateo, it works! I'm amazed!

Mateo Laughing is a great way to relax.

Dad Thank you! I feel happier and my anxiety has gone!

Mateo Well done!

Dad I'm going to do this with my work colleagues! They'll love it.

Mateo I'm sure they'll be full of gratitude, Dad!

Unit 6 Listening

06 Listening 6

Speaker 1 I love shopping online – it's so easy, fast, and the prices are often better than in shops. I buy all my electronic things online – my laptop, headphones, video games. I can always count on finding *exactly* what I want, and stores online don't run out of products quickly – like they do in shops. I don't feel comfortable in crowded places with lots of people – like shopping malls, so online shopping is perfect for me.

Speaker 2 I usually catch up with my friends at the weekend and we go shopping together. Most of the time we don't even buy anything! We just hang out together and have fun walking around the shops. If I see something nice – like a jacket or a T-shirt, I'll try it on – but I probably won't buy it. I haven't got a job right now so I can't afford to spend money on clothes.

Speaker 3 I don't enjoy shopping in huge malls or shopping centres. There's so much pressure from stores to buy things. 'One day sale! Buy this product before it sells out! Quickly!' We spend money on things we do not need! We can do without *another* pair of shoes, *another* T-shirt. Anyway, I usually buy clothes from second-hand stores. They have amazing bargains, and I often find great brands that are excellent quality.