

# 5

# Feeling good



## VOCABULARY

### Free-time activities

➔ STUDENT'S BOOK p61

1 ☆☆☆ Match activities 1–6 with descriptions a–f.

- |                   |                          |
|-------------------|--------------------------|
| 1 <u>b</u> coding | 4 ..... martial arts     |
| 2 ..... hiking    | 5 ..... painting         |
| 3 ..... bowling   | 6 ..... creative writing |

- a a game where you roll heavy balls along a track  
**b writing a computer program**  
 c going on long walks in the countryside for fun  
 d writing stories or poems  
 e making colourful pictures using a brush  
 f a fighting sport, for example karate or judo

2 ☆☆☆ Look at the photos and complete the sentences with the correct words.



- 1 He's playing chess with his friend.  
 2 You need to have good balance to do p ..... or you will get wet.  
 3 It's important to wear a helmet if you go c ..... on busy roads.  
 4 We enjoy c ....., but we aren't good at washing up afterwards.  
 5 I enjoy s ....., but I'm new to the sport. I need to practise my tricks!  
 6 Ashley has cool headphones that she wears for g .....

3 ☆☆☆ Complete the dialogues with words from exercises 1 and 2.

- 1 A Are you good at cooking ?  
 B I can make a good pasta sauce. How about you?  
 2 A What do you do at ..... club?  
 B Well, last term we built a website. This term we're writing an app.  
 3 A It was Erin's birthday party on Friday. We went .....  
 B I know. I saw a photo of you all holding brightly coloured balls.  
 4 A I'm going to start ..... to school like you.  
 B Great! Let's lock our bikes in the same place and walk to class together.  
 5 A Good morning. Can I help you?  
 B Yes, I'd like some walking boots. I'm going ..... in the mountains.  
 6 A Do you think some people are more creative than other people?  
 B Maybe. But you can definitely learn things like drawing and .....

4 ☆☆☆ Complete the sentences using your own ideas and activity words from this page. Give a reason for your activity choice.

- 1 I've got some birthday money to spend. Let's go and look at skateboards together. Then we can go skateboarding at the park.  
 2 It's raining. Let's .....  
 .....  
 .....  
 .....  
 3 I need an adventure. Let's .....  
 .....  
 .....  
 .....

- 1 ☆☆☆ Read the webpage. Then match activities A–C with photos 1–3.



1



2



3

- 2 ☆☆☆ Read the information about the people. Choose the best activity A–C for each person.

1 **Wilf** is determined to start regular exercise. He's also keen to meet like-minded people who can keep him on track with his fitness goals. He'd like an activity that will allow him to progress in the coming months. ....



2 **Suki** needs to switch off from her busy job. However, she finds it hard to relax, so also wants to do some light exercise. She cannot take part in any activity at the weekend. ....



3 **Paulo** is nervous about meeting new people but wants to challenge himself to be more sociable. Passionate about nature, he was actually looking for a local climate activism group when he found this site. ....



4 **Mo** used to be very fit before he injured his ankle last year. He doesn't think he'll manage a physically demanding activity, but he is keen to exercise again. He isn't interested in socializing. ....



5 **Leah** knows about Blue Mind Theory and is keen to give it a try. She wants to bring her friend Anna and have a laugh together. She is on a tight budget because she's saving for a summer holiday by the sea. ....



- 3 ☆☆☆ You are going to Tyvern Lake next weekend. Which activity will you / won't you try? Give reasons for your answer.

*I think I'll try ...*

.....

.....

.....

[www.tyvrn-lake.org/news/blueminding](http://www.tyvrn-lake.org/news/blueminding)

## In, on and next to the water

Blue Mind Theory is trending. Originally created by marine biologist Wallace Nicholls, this theory states that humans naturally relax when they are near water. Read our guide to finding your Blue Mind at Tyvern Lake.

### A Lake Paddleboarding

Rent a paddleboard from the lakeside visitor centre. New to the sport? Paddleboarding is simple to master, but we recommend starting with one of our group introductory sessions, which take place on Thursday evenings or Saturday afternoons during the summer months. Once you've learned the basics, you'll be free to explore the lake at any time when the visitor centre is open. Paddle alone or with friends to experience the calm of the open water. You'll also get a great gentle work out!

[www.tyvrn-lake.org/prices](http://www.tyvrn-lake.org/prices)

### B Wild Swimmers

Join our supportive community to experience the amazing feeling you get from open-water swimming. We meet every Sunday morning of the year and have short-, medium- and long-distance routes on Tyvern Lake. There is no commitment to come every week. We'll be here! We provide tow floats for all swimmers, so the only equipment you need is yourself and a swimming costume. Swimming is wonderful for your legs, arms and the core muscles in your stomach and back! Come for the exercise, stay for the conversation! (Note that swimming is only permitted in the lake during these sessions.)

### C Lakeside Meditation

Take part in a guided meditation with a stunning view of the lake. According to Blue Mind Theory, even 20 minutes spent looking at water can help you release tension and find your place in the world. On the first Saturday of each month, we create a peaceful meditation area right next to the lake. The sessions put a special focus on our relationship with the environment. Afterwards, why not take part in our optional litter pick to help maintain the beauty of this natural spot and get to know each other better? Booking is essential to avoid disappointment. £10 per session. Discounts for students and seniors.

[www.tyvrn-lake.org/book](http://www.tyvrn-lake.org/book)

# GRAMMAR

## Future: *will* and *going to*

➡ STUDENT'S BOOK p63

1 ☆☆☆ Choose the best option to complete the sentences.

- I think I **will** / **are going to** live in a big city when I'm in my 20s.
- The sun **will** / **is going to** rise at 6am tomorrow.
- Look! That skateboarder **will** / **is going to** fall.
- I'll / 'm **going to** help you with your work if you like.
- We **won't** / **aren't going to** be late. I promise.
- He decided last month that he **won't** / **isn't going to** join the paddleboarding club.

2 ☆☆☆ Complete the sentences with the affirmative or negative form of *will* or *going to* and the verb in brackets.

**Neel:** Hey. I'm really stressed about the exams next month. Help!

Saturday 18.08

**Casey:** Me, too! I <sup>1</sup> *'m going to start* (start) free meditation classes next week. I think it <sup>2</sup> \_\_\_\_\_ (definitely / help) with my stress levels. It might be good for you, too.

Saturday 18.10

**Neel:** That sounds good. I <sup>3</sup> \_\_\_\_\_ (probably / join) you. Let me check with my dad.

Saturday 18.11

**Casey:** Great! You can register online. I'm going out now, but I <sup>4</sup> \_\_\_\_\_ (email) you about it later.

Saturday 18:14

**Neel:** Brilliant. Please don't forget!

Saturday 19.20

**Casey:** Don't worry. I <sup>5</sup> \_\_\_\_\_ (forget).

Saturday 21.07

**Neel:** Thanks for the link. It looks cool, but I've decided that I <sup>6</sup> \_\_\_\_\_ to the class (not come). My dad and I have registered for a different class. We <sup>7</sup> \_\_\_\_\_ (do) a yoga class then.

Sunday 21.15

**Casey:** No problem. I'm sure you <sup>8</sup> \_\_\_\_\_ (enjoy) it.

Sunday 08.15

3 ☆☆☆ Look at the photos. Complete the sentences with the correct form of *will* or *going to* and the verbs in the box.

carry catch lend miss not be not forget



- We *'re going to miss* the bus.
- I \_\_\_\_\_ these inside.
- It \_\_\_\_\_ sunny.
- He \_\_\_\_\_ a train.
- A Don't forget about your exam.  
B I \_\_\_\_\_ . I promise.
- A Oh no! I've forgotten my pencil.  
B Here. I \_\_\_\_\_ you mine.

4 ☆☆☆ Write sentences about the future that are true for you.

- (a plan) \_\_\_\_\_  
\_\_\_\_\_
- (a prediction with *will*) \_\_\_\_\_  
\_\_\_\_\_
- (a promise to yourself) \_\_\_\_\_  
\_\_\_\_\_
- (a prediction with *going to*) \_\_\_\_\_  
\_\_\_\_\_

# VOCABULARY AND LISTENING

## Feelings (nouns and adjectives)

➔ STUDENT'S BOOK p64

- ☆☆☆ Choose the correct option to complete the sentences.
  - I'm so **grateful** / **disappointed** / **guilty**. I really want to come to your party, but I'm away that weekend.
  - Don't feel **embarrassed** / **jealous** / **amazed**. No one has noticed your new haircut, I promise.
  - To my **gratitude** / **amazement** / **disappointment**, I saw Sam at the park. I thought he had moved away!
  - Kara does yoga to help with her **guilt** / **annoyance** / **anxiety**. It's a very calming activity.
  - Try not to be **annoyed** / **grateful** / **amazed** if chess club is cancelled again. It isn't a big problem.
  - We bought our helpful neighbour some flowers to show our **embarrassment** / **disappointment** / **gratitude**.
  - It's perfectly normal to feel **jealous** / **amazed** / **anxious** when you start a new school or move house.
  - Your **amazement** / **jealousy** / **guilt** is pointless. Ed is just a friend. I love you!

- ☆☆☆ Read the information about the radio programme. Note down words you predict the programme will include.



## The Wellbeing Programme

The topic for next week's live call-in show (24th October) will be: 'Does your pet improve your mental wellbeing ... or add stress to your life?'

**Contact the show with your stories or call during the programme.**

**Phone:** 0191 836923

**Email:** thewellbp@unify.org.uk

- ☆☆☆  06 Listen to the radio programme. Match Callers 1–3 with their pets A–C.

Caller 1: ..... Caller 2: ..... Caller 3: .....



Chinchilla



Bearded dragon



Dog

- ☆☆☆  06 Listen again. Which caller 1–3 says each feeling a–g?

- |                      |                     |
|----------------------|---------------------|
| a <u>3</u> annoyed   | e ..... embarrassed |
| b ..... amazed       | f ..... grateful    |
| c ..... anxiety      | g ..... anxious     |
| d ..... disappointed |                     |

- ☆☆☆  06 Listen again. Choose the correct answer to complete the sentences.

- Caller 1 got her pet ...
  - after she recovered from an illness.
  - when the previous owner became ill.
- People often assume that bearded dragons ...
  - are expensive.
  - aren't friendly.
- Caller 2 describes his pet as ...
  - badly behaved.
  - unhappy.
- Caller 2 expected ... to be good for his wellbeing.
  - meeting other dog owners
  - spending time outdoors
- Caller 3 says her pets don't enjoy ...
  - being touched by humans.
  - living alone.
- Caller 3 says her pets make her ...
  - anxious.
  - happy.

- ☆☆☆  06 Listen again. Write five of the problems that the callers mention with their pets.

.....

.....

.....

.....

.....

# GRAMMAR

## Future: present simple and continuous

STUDENT'S BOOK p65

### 1 ☆☆☆ Choose the best option.

- A The class starts at 9am.  
B The class is starting at 9am.
- A What do you do tomorrow?  
B What are you doing tomorrow?
- A We meet my sister at 7pm today.  
B We're meeting my sister at 7pm today.
- A What time does the shop open?  
B What time is the shop opening?

### 2 ☆☆☆ Complete the questions with the correct present simple or continuous form of the verbs in brackets. Then answer them using Carla's diary.

### Carla's Diary

This month
February
January
December

Saturday morning:  
football club 10am

Saturday afternoon:  
have a haircut 3pm

Saturday evening:  
6pm meet Max at cinema –  
film = 6.30–8pm

- What is Carla doing (Carla / do) on Saturday morning?  
Carla ..... football.
- What time .....? (football club / start)?  
Football club ..... at 10am.
- What ..... (Carla / do) at 3pm?  
Carla's ..... a haircut at 3pm.
- ..... (the film / finish) at 9pm?  
No, it ..... The film ..... at 8pm.

### 3 ☆☆☆ Complete the dialogue with the present simple or present continuous form of the words in the box.

come    do    end    get    get    go    go    help  
leave    not do

- A What <sup>1</sup> are you doing tomorrow morning?  
B I <sup>2</sup> ..... much. Why?  
A Me and Dave <sup>3</sup> ..... to a comedy show at 11 o'clock. Do you want to come?  
B What time <sup>4</sup> ..... (it)?  
A At 12.00. But we <sup>5</sup> ..... to the café after the show. Sasha <sup>6</sup> ..... to meet us at the café.  
B I <sup>7</sup> ..... my mum in the afternoon. So, I'll come to the show, but not for lunch.  
<sup>8</sup> ..... a lift to the show?  
A No, we aren't. We <sup>9</sup> ..... the bus. It <sup>10</sup> ..... from outside my house at 10.30. See you there?  
B Yes, I'll see you there.

### 4 ☆☆☆ Choose one of the activities in the adverts. Complete the dialogue. Use the ideas in the adverts and your own ideas.

### MARTIAL ARTS CLASS

Every Friday  
6pm–7pm  
Sports centre

### Board game club

Every Friday  
6pm–7pm  
Paulo's café

- You <sup>1</sup> .....
- A What time does it start and who are you going with?
- You <sup>2</sup> .....
- A Are you doing anything after the event?
- You <sup>3</sup> .....

## WRITING WORKSHOP

### Opinion essay An essay with evidence to support your opinion

➔ STUDENT'S BOOK p68

#### Should schools provide free meals and snacks for all students?

I believe that schools should provide free meals and snacks for all students. Offering these at school could improve students' physical and mental health and help them to study better.

Studies have shown that eating a healthy breakfast and lunch can help students to learn better. Missing meals can affect energy levels and concentration, so it is important to eat regularly. Schools should offer free meals and snacks to all students. This will improve students' general wellbeing and help them to focus in class.

Moreover, according to research, students feel happier when they eat regular meals. When people have low energy levels, they may feel annoyed or unhappy. This means that they may not follow the rules in class. Giving students free, healthy food options may help to improve students' behaviour and make the classroom a happy place for everyone.

In conclusion, schools should offer all students free school meals. This approach means that schools know that all students are eating well. This will ensure they are healthy both physically and mentally, and it may also improve their concentration and behaviour.



#### WRITING HELP

Read the tips. Find the examples in the text. Use the colours to help you

- Give your opinion about the question.
- Give evidence to support your opinion.
- Restate your opinion in the conclusion.
- Use *will* to make statements about the future and make predictions.

#### PREPARE

##### 1 Read the essay. Choose the correct option.

- The writer **agrees / disagrees** with the idea in the essay question.
- The writer says free meals may help students to **save money / behave and concentrate**.

#### ⚡ WRITING HACK!

##### Using fixed phrases to structure a text

##### 2 Look at phrases 1–4 from the essay. Match them with phrases a–d with the same meaning.

- |                                     |   |
|-------------------------------------|---|
| 1 <u>d</u> I believe that ...       | a In addition, ...                              |
| 2 ..... Studies have shown that ... | b To sum up, ...                                |
| 3 ..... Moreover, ...               | c According to research ...                     |
| 4 ..... In conclusion, ...          | <del>d In my opinion, ... In my view, ...</del> |

##### 3 Look at the evidence in the notes below. Complete the sentences.

#### Should exercise be compulsory at school?

##### Evidence agreeing

- exercise is good for mental and physical wellbeing
- exercise helps concentration

##### Evidence against

- students feel motivated when they can choose activities
- not all students like sports

- According ..... mental and physical wellbeing.
- Studies ..... concentration.
- Research shows ..... motivated when they can choose activities.
- It is important to remember that ..... like sports.



- Exam Preparation**
- Exercise 1: Key for Schools Reading Part 4
  - Exercise 2: Key for Schools Reading Part 5

1 For each question, choose the correct answer.

My dad is working late tomorrow and he can't drive me home after skateboarding club. Can someone please help? It finishes at 6pm as usual. We'll take you home next week to say thank you.

- 1 A The writer expects to miss skateboarding club next week.  
 B The writer will be grateful if someone helps them.  
 C The writer needs help regularly.

★★★★★ Fans of *RainbowCity* have waited patiently for the new version of this gaming sensation. They won't be disappointed. *RainbowCityII* is bigger and better than ever. I'm certain that *RainbowCityII* will be a huge hit.

- 2 A The reviewer makes a prediction about the game's success.  
 B The reviewer promises to get better at the new game.  
 C The reviewer plans to compare the two games.

I'm going to a creative writing event tonight. I can't wait! The teacher is Riley Nox. He writes a detective series that I love. I hope he doesn't read my story idea, though – it isn't ready!

- 3 A The writer feels anxious about part of the event.  
 B The writer is looking forward to reading the teacher's books.  
 C The writer is at the creative writing event right now.



Apparently, Lara is annoyed because I'm having a bowling birthday party and she wants one, too. I'll text her about it, but I'm not going to apologize. It's my party and it's going to be great!

- 4 A The writer will contact Lara and find a solution.  
 B The writer won't say sorry about the issue.  
 C The writer is going to have her birthday party on the same day as Lara.

## Calling all cyclists!



Try our Polar Pogies this winter. They will keep your hands dry and warm in the rain and snow. Our Polar Pogies attach to any bike. Simply put your hands inside them and go cycling. You'll feel the difference!

- 5 A If you are a beginner cyclist, you won't like this product.  
 B If you have a road bike, you can't use this product.  
 C If you use this product, your hands will stay warm.

2 Choose the correct words to complete the text.

Dear Freddie,

Guess what? A board game café is <sup>1</sup>..... next week in my town. When I told my dad, he went online and booked a table for us.

We're going to go with my cousin Jake because he loves board games, too. We're <sup>2</sup>..... Jake outside the café at 2pm. We've decided that we <sup>3</sup>..... play a new game from the café's collection. I was <sup>4</sup>..... to hear that they will have over 800 different games!

The café <sup>5</sup>..... also going to organize regular events in the evenings. These <sup>6</sup>..... be for larger groups so people can play strategy games like Werewolf and Blood on the Clocktower. I probably <sup>7</sup>..... try one of those because you have to pretend to be a character. I know I will feel <sup>8</sup>..... if I have to act in front of people.

Maybe we can go together the next time you visit?

Nadia xx

- 1 A open B opens C opening D opened  
 2 A meet B meeting C met D meetings  
 3 A 'll B 're C – D 've  
 4 A grateful B anxious C embarrassed D amazed  
 5 A are B will C be D is  
 6 A will B to C going D won't  
 7 A is B won't C isn't D will  
 8 A jealous B guilty C embarrassed D amazed