

READING

4 A Read the article and match headings A–F with paragraphs 1–6.

- A Call a friend
- B Just smile
- C Do something nice for someone
- D Be active
- E Do that difficult job
- F Plan for some future fun

MAKE YOURSELF HAPPY!

Six tips to make you happier in the next hour

You can make yourself happier starting now. In the next hour, do as many of these things as possible. Each thing you do will help you to feel happier.

1 _____: stand up and walk around while you talk on the phone. Or go for a quick ten-minute walk outside. Doing exercise gives you energy and makes you feel better.

2 _____: arrange to meet someone for lunch or send an email to a friend you haven't seen for a long time. Having good relationships with other people is one of the things that makes us happy, so stay in touch with your friends.

3 _____: answer a difficult email or call to make that dentist's appointment. Do it now, don't wait. Cross something off your list of things to do, to give yourself energy.

4 _____: order a book you want to read, plan a trip to a museum or a night out with friends. If you look forward to doing something fun in the future, it will make you feel happy right now.

5 _____: buy someone flowers, carry their bag, tell them they look nice. Do good, feel good – this really works. If you do something nice for someone, it makes you feel better.

6 _____: even when you don't feel happy, always try to smile. Put a smile on your face right now – it will make you feel better!

Tick things off the list when you do them. Do you feel happier yet?

Tick things off the list when you do them. Do you feel happier yet?



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

- 1 Doing exercise makes you tired. _____
- 2 Having friends is an important part of being happy. _____
- 3 Doing a difficult job uses all your energy. _____
- 4 Planning fun things to do can make you feel happy. _____
- 5 If you do something to make someone else feel good, you will feel good yourself. _____
- 6 Smiling when you're not happy can make you feel bad. _____

C Read the article again and answer the questions.

- 1 What should you do when you talk on the phone?

- 2 Why is it important to stay in touch with friends?

- 3 What kinds of jobs are on a 'things to do' list?

- 4 Why is it a good idea to organise something fun to do in the future?

- 5 How will you feel if you buy someone flowers or carry their bag?

- 6 What happens when you smile?

D Complete the definitions with words from the article.

- 1 do _____: do some kind of activity like walking or playing tennis
- 2 have good _____ with people: be friendly with people
- 3 stay in _____ with people: contact people regularly (by phone, email, etc.)
- 4 _____ something off a list: mark things on a list when you do them
- 5 look _____ to something: be excited about something which will happen in the future

VOCABULARY

RELATIONSHIPS

1 Look at the pictures and complete the story about when Harry met Sally. Use the words in the box.

proposed got engaged have a girlfriend met
got married accepted got on well fell in love



1 Harry didn't have a girlfriend.



2 He _____ Sally in a café.
They _____.



3 They _____.



4 He _____ to her
and she _____.
They _____.



5 They _____.

3 Complete the story with the past simple form of the verbs in the box.

become decide meet send get propose
have not tell start arrive live talk

.....
Many years ago, before it was fashionable to date on the internet, I ¹ _____ a Swedish lady online. We ² _____ on well from the first minute we ³ _____ chatting, and she soon ⁴ _____ my girlfriend. The only problem was that I ⁵ _____ in the UK and she was in Sweden. For a couple of years, we ⁶ _____ a long-distance relationship. We ⁷ _____ on the phone and ⁸ _____ emails to each other. We ⁹ _____ our friends how we met because we were embarrassed. After a while, I ¹⁰ _____ to leave England and move to Sweden. When I ¹¹ _____, I ¹² _____ to her and she said yes. Now, we are happily married and we have four children. I think online dating is fantastic. I met my wife because of it!
.....

4 Complete the sentences with the past simple form of the verbs in brackets.

- 1 A: Where _____ (you/stay)?
B: We _____ (find) a hotel near the station.
- 2 We _____ (eat) in the hotel restaurant and the food _____ (be) delicious.
- 3 Mara and Steve _____ (not have) a barbecue on Sunday because it _____ (rain) all day.
- 4 We _____ (go) to the cinema, but I _____ (not like) the film. I _____ (think) it was really boring.
- 5 I _____ (spend) the weekend studying because I've got an exam tomorrow.
- 6 He _____ (be) really busy yesterday, so he _____ (not have) time to call you.
- 7 She _____ (write) a long letter explaining the problem, but her boyfriend still _____ (not understand).
- 8 They _____ (give) her some beautiful flowers for her birthday.
- 9 A: What time _____ (you/get) back home last night?
B: At about midnight.
- 10 I _____ (start) this job four years ago, when I _____ (move) to Rome.

GRAMMAR

PAST SIMPLE


2 A Mark the verbs in the box regular (R) or irregular (I).

fall / ask decide know stop like go say
see spend study try meet walk work get


B Write the past simple form of the irregular verbs in Exercise 2A.

5 A Say the words and circle the verb ending which sounds different.

- | | | | |
|------------|----------|-----------|---------|
| 1 played | stayed | tried | ended |
| 2 asked | kissed | arrived | talked |
| 3 finished | decided | pretended | wanted |
| 4 studied | happened | invented | stayed |
| 5 walked | helped | stopped | started |

B  1.1 Listen and check.

LISTENING

6 A  1.2 Listen to Chris's story of how he met Amy. Number the sentences in the correct order.

- Chris met Amy in Spain. _____
- Chris met Amy in London. _____
- Chris went on holiday with his friends. _____
- They got married and had a son. _____
- They decided to stop writing to each other. _____
- They fell in love. _____

B Listen again and answer the questions.

- How old was Chris when he met Amy?

- Where were they?

- What did they promise to do after the holiday?

- Why did they decide to stop writing to each other?

- When did they meet again?

- How did they feel when they saw each other?

- What's their son's name?

C Read audio script 1.2 on page 77 and find words that match these meanings.

- friends _____
- lying in the sun _____
- knew who somebody was when you saw them

- very surprised _____
- spending time with someone

WRITING

LINKING WORDS

7 Correct the linking words in *italics* in the sentences.

- I didn't like the film *so* it was scary.
because
- We saw Pompeii *but* we thought it was wonderful.
- She didn't like her job, *because* she decided to leave.
- They couldn't get married *and* her father wouldn't allow it.
- He started taekwondo lessons *but* he wanted to get fit.
- They wanted to buy the house, *so* the bank didn't give them the money.
- I wanted to go to the concert, *because* I couldn't find a ticket.
- I didn't sleep very well, *but* I'm very tired today.

8 Join the sentences. Use *and*, *so*, *but* or *because*.

- We decided to sell the car. We needed the money.
We decided to sell the car because we needed the money.
- Jon met Ella in an online group. They got on really well.

- I didn't want to be late. I left home early.

- Matt proposed to Fiona. She said no.

- I like Clara. She can be a bit rude sometimes.

- We got married two years ago. We had a baby a year later.

- The film was terrible. They left early.

- I'm studying medicine. I want to be a doctor.



VOCABULARY

CONVERSATION TOPICS

1 A Find six verbs in the puzzle.

G	O	S	S	I	P	T
D	F	A	S	N	R	K
W	E	Y	L	T	S	D
Q	H	R	T	E	L	L
W	J	E	E	R	G	T
T	T	S	A	R	I	I
H	A	V	E	U	O	U
H	L	V	G	P	S	T
R	K	S	U	T	I	L

B Complete the sentences with verbs from Exercise 1A. Use one of the verbs twice.

- We often _____ interesting conversations in our English class.
- You shouldn't _____ so much about people at work. It's not very nice.
- You look sad. Shall I you _____ a joke?
- What did your mum _____ when you got home late last night?
- So, Judy, _____ me about your new job.
- What did you _____ about with your sister last night?
- Why do you always _____ me when I'm in the middle of a story? I hate that!



FUNCTION

MAKING CONVERSATION

2 Complete the conversations with the words and phrases in the box.

do you work here see you did you
I'm sorry my friend isn't it was terrible
would you good weekend

- A: Hi, Helen. This is _____ Joshua.
B: Hi, Joshua. Pleased to meet you.
- A: Did you have a _____?
B: Yes, thanks. I didn't do much.
- A: Nice day, _____?
B: Yes, it's lovely.
- A: So, do you _____?
B: No, I'm just visiting.
- A: _____ like a drink?
B: Thanks. I'd love a glass of water.
- A: _____ watch the film last night?
B: Yes. It was brilliant.
- A: Where exactly _____ come from?
B: I'm from Bolton, near Manchester.
- A: Sorry I'm late. I had some bad news at home.
B: Oh, _____ to hear that.
- A: Did you watch the match last night?
B: Yes, it _____!
- A: I'll see you later.
B: Yes, _____ soon.

LEARN TO

SOUND NATURAL

3 1.3 Listen and mark the linked words.

- Do you like it here?
- Where are you going?
- I come from Italy.
- It's a beautiful day.
- I'm afraid I can't remember.
- Where did you buy it?
- I'm sorry, but I don't understand.

4 1.4 Listen and write what you hear.

- _____
- _____
- _____
- _____
- _____
- _____